

# CHRISTOPHER LIAM ROSE LIFE STORY

**By**  
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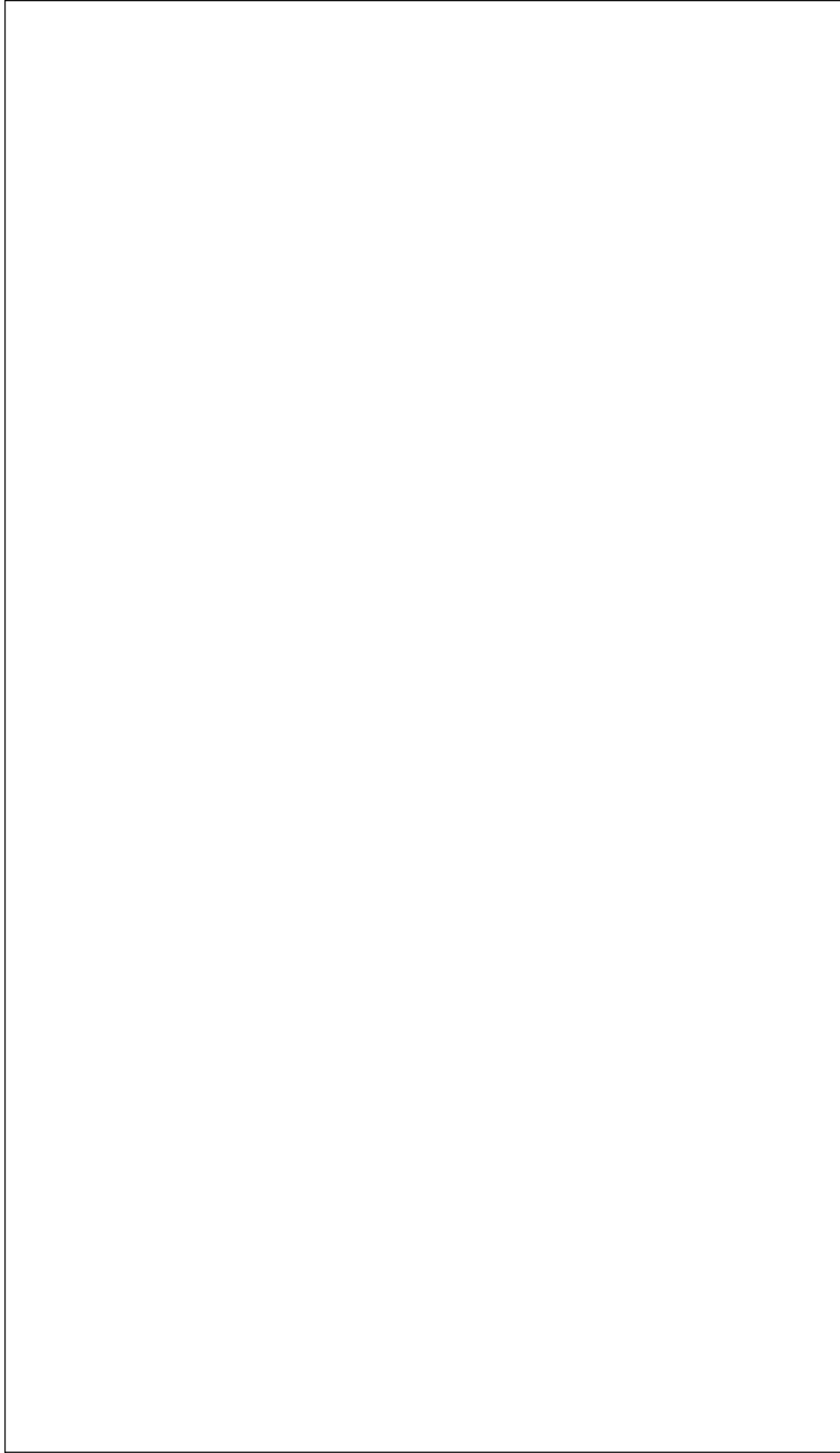
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## **A C K N O W L E D G M E N T**

I wrote this book to tell my true personal life story of all the things I have been through to help other people and give back within my life. My life story is very deep and insightful with true-life experiences. I am passionate about helping other people and I want the readers to understand how important helping other people is. I hope this book will inspire you and help you to find a way to deal with what you are going through and to overcome any problems or difficulties you may be facing at the moment.

I also wrote this book to share my real joy, happiness, and the fulfilment I get from helping other people and being on a powerful journey to become what I want to be. My life story is no different from anyone else and I am not saying because I have been through a lot, I am better than anyone else. I just want readers to understand that I have suffered and gone through a lot of pain to get to this point, where I am helping other people and making a real difference in the world. My life story comes from humble beginnings and I will explain all aspects of my life to help you understand that the most rewarding passionate thing you can do is to help other

people and get your fulfilment, joy, happiness,  
and personal satisfaction.

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Everything in this book is real and all the life experiences happened to me.

I dedicate this book to all the people who have helped me in my life to get to this point where I can write my personal life story and share it with other people. I would like to thank Jesus Christ & God for giving me my faith and strength to continue to better myself as a person and giving me the blessing and grace to be able to write books. I would like to thank Paul Dorrington (Employment Specialist) for working with me when I had a mental health breakdown and getting me to the point where I recovered and was able to go back into work in good mental health. I would like to thank Karen Meechan (Clinical Psychologist) who helped me through counselling to open up about my problems and what I have been through in my life. I would like to thank Julie Pearson (Staying Well at Work Service Coordinator) who kept me well while I was working as a peer support worker.

I also want to thank NHS, Samaritans, family, friends, and Church (Lighthouse Chapel International) for helping me to get to this point where I am writing a book.

## **C H A P T**

# **The Beginning**

I come from a very large family of seven. I have a twin brother, two older brothers and one sister. My mum and dad lived in a council flat in Battersea where they raised their children. I come from a very good home which was full of love, kindness, and happiness. But this soon changed as my parents started having problems in their marriage. My dad was a drinker and gambler, always going to William Hill in Battersea to make bets on horses. My mum was a caring, kind person who loves to cook and spend time with her children. Problems started in our home when my mum got tired of my dad drinking alcohol and gambling money away. This caused lots of tension between my parents which made things very difficult in the marriage. My mum made a choice which changed our lives forever, which was to have a divorce from my dad. I was only three years old when my parents got divorced and this was devastating for the children. The divorce had a negative effect on the children and



it changed us completely. My twin brother and I found it hard to deal with our parent's divorce which led to us having behavioral problems. My mum decided to walk out on my dad and take all the children with her. This was a really big loss

for us all because we loved our parents together and we didn't want them to get a divorce and end their marriage.

## CHAPTER

My parent divorce was very difficult and my mother and father found it hard to be separated from each other which really affect my brothers & sister. My parents end in marriage was very difficult and this was going to have a massive effect on our family.

Divorce can destroy family and when my parents got divorce it really destroyed our family and this was very painful because all of us didn't grow up with our father within our lives. I do respect my parents' decision to get divorce but my brothers and sister has not fully deal with the pain and hurt it cause us. My mother & father are good people but because of having a large family of 5 children this really put pressure on their marriage. I believe the divorce of my parents first helped me to realize that sometimes you cannot save a broken relationship and sometimes the best thing for two people is to separate and find someone who they can be with and fall in love with. I do believe my parents love their children deeply but I know both my mother and father are hurting over the divorce.

## **C H A P T**

# **Growing Up in Tooting**

After my parents divorced, my mum moved into many different places in Clapham. We all then moved to Tooting where I grew up. The area we moved into was called Rame Close which was an estate where many people lived. Growing up in Tooting was very hard as there were a lot of gangs, violence, and drugs. Most of my friends were drug dealers or into thefts, and the environment was all about making money and having the nicest cars and clothes. Rame Close was a very bad estate for children to grow up in because of the gangs, crime, violence. I believe this gangster mentality was affect all the children within Tooting Rame close which had a negative effect on upbringing.

The hood lifestyle in Rame Close was very grime & criminal. There was always lots of violence and crime on the streets and everyone want to be the biggest drug dealers, gang bangers, thefts within Tooting to show their reputation and character. The motivation for

being the best grinder and hustler was all over the streets of Tooting Rame Close which made all of us become gangster, thefts, robbers, drug dealers. In Tooting

Rame close estate there was no positive role models we could look up to for inspiration or guidance. The people that the children look up to was the bosses, **CHAPTER** robbers, thefts, criminal. The hood lifestyle is a very negative lifestyle which will completely destroy you and make you become a very negative person.

My twin brother and I were influenced by the gang culture as we lived in the estate of Rame Close where all this crime was happening. I became a thief and robbed people for their mobile phone, clothes, personal possessions. I was filled with anger and rage as I had a tough childhood after I saw my parents' divorce. My behavior got worst as I began to become more involved in violence and gang lifestyle. I was always frolicking with women and was a bit of a ladies' man as I always find new girls to form a relationship with. I wanted to be the best gangster and theft in Tooting and because lots of ladies really liked me this boost my self-esteem and ego as a young hood teenager.

The culture of the gangs' lifestyle was very interesting to me and my twin brother and we were completely influenced to be gang members and do all the bad things that we thought was good and enjoyable.

Me and my twin brother didn't want to be

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gangster or hood people but because of our upbringing of guns, drugs, women, jewelry, money, cars, violence we started to

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become negative people who did the wrong things due to no guidance from parents or father figure.

I believe that growing up in Tooting was a very serious life experience because of all the gangs, gangster, violence, crime. People become a product of their environment due to the circumstances and upbringing. Most of my friends were going through gang fights and being sentenced to prison or some even being killed in the streets. Tooting is a great place but Rame Close is full of people who are lost within their lives which made things too difficult for me and my twin brother. I believe that life teaches you lessons from your life experiences and I believe all the negative things that I experience in Tooting Rame Close made me who I am today because I know about the hood lifestyle and doing things that are wrong in society. I believe the pain and suffering I and my twin brother went through in Tooting Rame Close was our biggest learning lessons. The life lessons I learnt in Tooting is priceless but the regrets that I have done is very painful but I have learnt from my past mistakes.

## **CHAPTER 3**

### **First Loss (Abortion)**

I met a girl in the estate who I really started to like. One of my friends hooked us up and we began to talk with each other and build a bond. This relationship was going to change my life forever. One night, I went to my girlfriend's house and we had sex. This was the first time we had sex without a condom. It was a wonderful night and I stayed with her until the next day. We started to hang around Tooting together as a couple and it was an amazing relationship we were having. I had a friend who became very jealous of my relationship. As the relationship flourished, I got the news which changed my life forever. My girlfriend was pregnant with my baby. At first, I was completely shocked about the news as I was only fifteen years old and didn't have any real-life experience as I could not even look after myself. But I thought this would be what I needed to help change my life for the better. I decided to tell my family about the pregnancy of my girlfriend, my mum was very happy and



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supportive. My dad was shocked but very understanding about my girlfriend being pregnant.

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At this time, there was a lot of violence, drug dealing, thefts and robberies around the estate which made it a bad environment to be in. I had a friend who was very jealous of me and began to spread rumors about me to my girlfriend. There was a time when I was chilling in my girlfriend's house and someone knocked on the door. The friend that was jealous of me was at the door and began to talk nasty things about my life to my girlfriend. This was the day I realized I couldn't trust my friend and was filled with anger. This really hurt me and I began to get very upset that a good friend would treat me this way. My girlfriend got very confused and upset which really complicated the relationship.

One day, my friend that betrayed me came to my house. I had borrowed him some money a few weeks before then and I decided to get my money back. I asked him "where is my money that I borrowed you", he started to laugh and began to talk under his breath "Aww, what money?" He was laughing and taking like it was some sort of joke. I was very angry; at this point, he went outside. As he walked outside, we began to have a fight. This fight was in the estate and all the neighbors started to get involved. My friend's mum called the police as she thought I was trying to kill her son. The police came and I was

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arrested.

This was another life-changing event for me. I spent days in the police cell because the police didn't want to release me straight away as they believed I could cause more harm to me

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friend. After I came out of the police cell, I went back to the estate. I saw an old friend from the estate who came up to me. The old friend had something to say to me, he said "Chris something has happened". I replied, "Hey, what has happened?" He said "That girl you were seeing, she had an abortion behind your back". I remember going to the floor and I started to cry. My whole life came crashing down on me and I felt completely broken. This was the first major loss I experienced in my life (Abortion of my child) which had a major effect later on in my life.

## **C H A P T E R 4**

# **Drug Overdose Accident**

After my first major loss (Abortion), I decided that I needed some time away from the estate. My older brother had a house in Clapham junction. So, I moved out of my mother's home and moved in with my older brother. One day, I was going to college, my older brother had a housemate, so I went into his room and met him rolling up a weed spliff. At this time, I had not begun smoking as I didn't like weed at all. I asked the housemate if I could have some of the weed. I started smoking the spliff and I managed to smoke all of it. This was going to be one of the biggest mistakes of my life. I left my older brother's housemate's room and went my way to college. As I walked, something happened to me. I felt like something jump out of my spirit and my mind started to go crazy. My mind was flashing and everything was going slow, my heart was beating really fast and my body felt like it was shutting down. It was a very major panic attack mixed with a fit. I blacked out completely and didn't know where I was at

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that time because I became unconscious.

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After I blacked out, I woke up on a bench beside the bus stop. I was weak and my mind was hurting. I managed to get to the bus stop and got on a 44-bus going towards Tooting. When I got on the bus, I blacked out again and went unconscious. The bus drove through South West London as I lay unconscious. When I got up, I was already in Tooting, the bus driver and two strangers were pushing me to wake up because the bus had reached its final destination. At this point, I was completely high and confused as I didn't know where I was going. I managed to walk to St Georges' hospital as I was really in a poor state. When I got to the reception of the desk in St Georges' hospital, I fell to the floor and blacked out again. This was the third time I went into unconsciousness because of smoking that weed spliff I got from my older brother's housemate. When I woke up, I saw my mother and twin brother standing next to me when I was on the hospital bed. I said to them, "where did you come from?" My twin brother said "we were called by the hospital that you were in an accident. Then the doctor came into the room and said "you are lucky to be alive, you had a drug overdose and you suffer from an enlarged heart". This was the first time I knew about my heart condition. I was very scared and tired from going through my drug overdose. My family took me home and the

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doctor said “you need to take things easy and drink lots of water on your recovery”.



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Going through the drug overdose made me realize that I never wanted to smoke weed again because this was a mentally and emotionally dangerous situation. This drug overdose made me very fearful and scared of drugs because of the negative effect it has on you mind, body, soul. I really took the doctor who saved me advice very serious and try my best not to smoke weed due to my heart condition.

## **C H A P T**

# **Moving out of My Mother's House**

When I got back home to my mother's house, I made a decision. I wanted to move out of my mother home because of all the bad experiences I had had in the estate. My mother and I had lots of arguments because of my behavior in the ghetto environments. I told my mum that I wanted to move out and leave the home. This got my mum very upset and she was very confused on why I wanted to move out of home. She was very shocked but respected my decision and my mum helped me to move out. I went to Wandsworth council with a bin bag full of clothes and told the council that I was homeless and was living on the park bench because I had been kicked out of home. The council told me that before they could allow me move into a hostel, they needed to talk to my parents as I was only fifteen years old and still needed a parental guidance. So, the council called up my mum and she told them about the situation and explained to them why I had been

kicked out. The next day, the council wanted to have a meeting to discuss about my homelessness.

My mum and I went to Wandsworth council and had a quick chat about what we needed to say to help me move out.

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We went into the meeting with Wandsworth council and had a discussion about me and the next step of the process. My mum helped me out a lot and told them about the arguments and problems we had been facing at home. This was very good and the council decided that I should move out of home and live by myself. At this time, I was going through a lot of emotions and mental health problems dealing with all the things in my past, the abortion which made me very sad and hurt. I was offered a place in a hostel called Samuel Johnson in Tooting/Streatham.

## **C H A P T**

# **Meeting My Partner in Tooting**

One day, I was in Tooting with my cousins and I saw this beautiful girl walking near the bus stop in Tooting Broadway. My cousins said “you should go over and talk to this girl if you like her.” I said “yeah, you are right but I feel very nervous”. After a bit of convincing, I decided to walk up to this girl and talk to her. I remember talking to this girl at the bus stop, there was so much chemistry between us and I got her number after our conversation. I was so happy that I was able to talk to her and connect because I really liked her and thought she is the most beautiful girl I have ever seen in my life. A few weeks later, I started calling her and asked if we could go on a date, she agreed to it. We had a number of different dates which were all good and we started to build our bonds and love for each other. We both then decided that we wanted to go out with each other, so we started our relationship as a couple. This girl was very special to me and we had a

good chemistry and really liked each other.

My partner was very kind and she used to look after me when I was living in the hostel. She would always visit me and

we spent a lot of time together, hanging out and having fun. I developed a deep feeling towards her and loved the way she looked. She was cute, pretty, and intelligent and she had so many good qualities in her character which I really respected. I showed my partner to all of my friends in my estate and everybody loved my partner and was happy for me. Being with her was some of the best moments of my life. I told my family about my partner, and my mother, father, brothers, and sister all loved her and felt she was the right person for me. My partner could not tell her parent about me at first because of the culture barrier, I was black, she was Filipino. My Partner struggle to tell her parent about me because her dad didn't want his daughter to go out with a black man because this was not part of the Filipino culture. My partner father wanted his daughter to have a relationship with a Filipino man and the man had to be educated and be able to provide for my partner. I was a gangster and black man who was always involved in crime and gang activities which was not good for my partner because she was brought up in a strict way by her parents to attend college & university and get good grades. My partner was very intelligent and she tried her best to keep me away from the gangs and streets life in Tooting (Rame Close Estates).

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This was the first real relationship I had since my ex-partner and I felt like we were growing as a couple and becoming more connected together. We both wanted the same things as far as family, kids, marriage, and a home. I was with my partner



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nearly every day and we spent so much time hanging out around Tooting. My partner was very lovely toward me and always showed me much love and respect which was great because I really wanted to be with someone who care about me and had love towards me.

## **C H A P T E R 7**

# **First Episode of Mental Health Breakdown**

I was fifteen years old moving into a hostel and dealing with a lot of emotional and mental health problems. While I was living at the hostel, I was in a bad situation. I had no job and didn't know how to cook or manage the bills that needed to be paid. Due to me being so young and used to my mother doing everything for me, I was not used to the independence and I found it very difficult to manage living by myself. There was a time when I was hungry, and I did not know how to cook baked beans so I used a can opener and ate the baked beans cold from the can. This was shameful because I did not have any life skills to help me and I struggled very hard in the hostel. When I was younger, I didn't know much about life or how to work in a job and look after myself which cause me lots of pain, hurt and emotional/mental difficulties.

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One day in the hostel, I was very hurt and sad, I started to think about my life and all the problems I have been through. It was too much to endure, I had a mental breakdown and cried, it hit me so hard that the pain was unbearable. I was all

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alone by myself crying and suffering, this was my first major mental breakdown in my life. Someone called my twin brother and the police.

I tried to commit suicide by taking a drug overdose of pharmacy drugs. As I was laying there on the bed lifeless, my twin brother and the police came to rescue me. This was one of the hardest painful experiences I ever faced. The police decided that I should go into hospital as I was unfit to look after myself in the hostel. I hit rock bottom and was completely depressed and unhappy with my life and this was scary as I had never ever felt so low before. I attempted suicide because I believed it was better to be dead than to live with all the problems I have been going through in my life. The pain of moving out of the home, the pain of my ex-partner having an abortion, and the pain of living the gang lifestyle all got the better of me and it was too much to endure.

This was the first time I experience anything to do with mental health difficulties and emotional challenges because at that time mental health was not really spoken about with my culture or gang communities.

When I was younger, I kept all my feelings and emotions inside of me and didn't talk to my family or partner about the way I was feeling and

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how my emotions were. I was very shame of my past mistakes and gang lifestyle I was living in the Tooting streets which made it difficult to talk to family, parents, friends about what I was going through. Being young

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and a gangster met you suppose to deal with your life challenges and mental health and your met to be a man who is able to manage and handle difficult life experience. This was not true for me because all of my past mistakes made me vulnerable and mentally unwell.

## **C H A P T**

# **Hospitalized at Springfield Hospital**

This was my first time in Springfield hospital and wouldn't be my last time. I was sectioned and had to stay in the hospital for a few days. This was a very dark time for me as I was all alone in the hospital. I went through a lot of emotional and mental difficulties. I remember one time during my stay in the hospital, my uncle and cousin came to see me. My uncle started arguing with me, saying I want my granddad to die. This was not true. My cousin kept on attacking me even though I was already at rock bottom and sectioned in the hospital. This was one of the many painful experiences I faced. While I was in hospital, I was lost and confused, and didn't know how my life got to the point of being section in the hospital. I did not do much while I was in hospital, all I did was spending a lot of time alone thinking about my problems and feeling more

depressed and unhappy. Being in Springfield Hospital was verychallenging because patients within the ward was very mentally psychotic and unwell. I really struggle to deal with my feeling and emotions while I was in Springfield Hospital which



made me really depressed and unhappy. Dealing with mental health breakdown was a very challenging thing and I felt so alone and isolated from my family, friends, partner which made me feel mentally unwell, anxious and vulnerable.

As time went on, I started feeling a little bit better. I was eating very well and exercised at the hospital gym. I was in a relationship at the time with someone I thought was my soulmate. We were very close until I became ill; she came to visit me in the hospital and supported me. My family came to visit me in hospital and showed their support. Even though I had the support from my partner and family, I still felt alone. This feeling of loneliness was something I felt deeply and one of the hardest things to deal with. When I was alone in hospital, though I looked healthy and well, the pain and hurt I was experiencing stayed with me.

My mental health difficulties were very challenging due to all the negative life experience and gang's lifestyle I was living at the time. Being in Springfield Hospital was not good for me and it made me feel like I failed in life and was not able to live life properly. I was very depressed because I was away from my partner and family which was very difficult but I realize that having mental health problems doesn't mean you cannot live a

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normal life. I was struggle to find myself in Springfield Hospital and I was learning more about my mental health conditions of Depression, Psychosis.

## **C H A P T**

# **In and Out of the Springfield Hospital**

At this point in time, most of my life was been in and out of the Springfield hospital for my mental health condition because I kept having a relapse. This was a very painful experience when I was younger and it started to become like a regular routine. I will move out of the hospital, go back to my hostel, and then I would be back in the hospital. This was the process I was going through due to having a mental health condition. Being alone in the hostel made things worse for me. I was so unhappy, down, and sad.

I believe living in the poor environment of the hostels make me very mentally depressed because I was all alone without getting the right support for my mental health needs. Being in hostels was not the right environment for a young person who suffer with mental health problems. I felt like my life was falling part due to always

been unwell and keep on having mental health relapse. I didn't understand my mental health condition of depression and psychosis and because I was so young while dealing with all my life experience and life problems this made

it more difficult to cope with my past and mistakes that I have made which cause me to go more deeper in depression and have relapse of mental health difficulties. My family & Partner did try to support me with my mental health difficulties but I was unable to look after myself properly and my negative past and gang lifestyle had the ultimate effect on my personality, character, mental health, feeling, emotions. I felt unworthy because of all the past mistakes I have had and I feel worthless because I didn't have no self-confidence in myself and I didn't believe I can change my life for the better. My mental health difficulties make my life so destructive and I was finding it very hard to manage my feeling and emotions. I believe my past had a lot to do with my mental health difficulties and challenges because I grow up in a negative lifestyle of gangs and violence which was causing me distress and unhappiness. All of my past mistakes and negative life experience really made my life difficult and the hurt & pain I have experience made me deeply depressed and unfulfilled.

## **C H A P T E**

# **Moving into Servite Housing**

A turning point occurred in my life when I was in the Springfield hospital. Instead of going back to the hostel, I was moved to Servite housing in Balham. This was a breakthrough and a very important change. My family and partner were happy that I was moving into Servite housing. I moved into Servite housing because they were going to support me by looking after my mental health and getting me into my own accommodation. Servite housing is a housing provider that helps people who need accommodation. This one change was the start of a new beginning. I was no longer in the hostel which made me depressed and unhappy. I was living in a very nice house with my own bedroom to sleep in and chill out in.

Servite Housing was a nice environment I lived with other tenants in the home and I live in my own bedroom but shared the Bedroom, Kitchen,

Living Room, Garden. Servite Housing had staff, managers in the home which tenants can go to for getting support with housing issues, rent issues, benefit issues, mental health issues. Being in Servite Housing helped me to

feel better because it was a better environment  
then the Hostel in Tooting/Streatham.

## **C H A P T E**



## **C H A P T E**

# **Life at Servite Housing**

When I moved into Servite housing, my life started to change for the better - so I thought. I began to go to college and studied business studies in South Thames College (Wandsworth). I met new friends, and I found a job as a customer service advisor in a company called Woolworths. I was always a bit of a ladies' man and my lust started to get the better of me. There were lots of girls in college that I liked even though I was in a deep relationship with my partner. I started to lie and cheat on my current partner; this turned out to be a big mistake. I was not a perfect person and my lust for ladies and women got the better of me. I would be bringing ladies to my bedrooms and sleeping with them. I didn't understand the important of being in a real relationship was cause me so much pain because I really did care about my partner but because I was a lie and cheater, I felt guilty and unworthy was being with my partner because she was a good person who really did love me.

One day, I didn't know why I decided to tell my partner that I met someone and liked her. This broke my partner and she

started to cry and got very emotional and upset. I felt like I had to be honest with her since she helped me to get better in my recovery from a bad mental health condition. During this time, I didn't go into the hospital and managed to keep myself well, but there was always this feeling of fear in my heart that I couldn't control which made everything worst. My partner and I began to have many arguments. I can imagine how painful it must have been to hear that your partner was cheating on you. At this time, I was doing a lot of bad things. I was smoking, drinking, having sex, and misbehaving. But this burning pain in my life was hanging over my head and I could not get it out of my mind.

Eventually, my two years ended with Servite housing. I received so much support during that time and it helped me to understand how to look after myself. I was then offered a place in Battersea. The flat was in a poor condition when I first got it, everything was dirty, and the floor was damaged. It was not the best of place to be in. At this time, I had no choice but to accept the offer. My relationship was suffering at that time and was finding things difficult with my partner. I was still young when I was offered this flat and this made me happy, but the flat was not in a good condition. Battersea Fields Organization (my

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Landlord) said to me that they were going to repair my flat before I move in to the accommodation. I officially moved to Battersea on the 28th of June, 2008 and signed the paperwork with Battersea Field Organization to have the rights to live in

## CHRISTOPHER LIAM ROSE

the flat. This was a huge change from being in supported housing to living by myself again. At this point in my life, I did learn new life skills to help me look after myself while I live in my own accommodation.

Living in my own accommodation was very good because it gave me some level of independent as a young man and I realize it gave me freedom to do the things I really want to do which was really great to me but the condition of my flat was in a very poor condition which did affect me mentally.

## **C H A P T E**

# **Moving into My Flat in Battersea**

I was with my partner when I moved into the flat in Battersea. We were still having a lot of problems and arguments. Moving into Battersea was a really tough experience. The flat was in a poor condition and I started to feel depressed again. I was hanging around with lots of different people. I was still smoking, drinking, partying, chasing women, lying, cheating, and living a really poor lifestyle. I became depressed due to getting a flat that was not in normal living standard; it was in a very poor condition with damp, and mould everywhere around the flat. The environment made me feel very insecure and even sometimes suicidal because it was not fit for anyone to really live in. I had no choice but to live in the flat and deal with the poor conditions of the accommodation. Battersea Field Organization did not do anything to fix the flat even though I made complaints and reported about some of the concerns that I had in the accommodation.

Battersea Fields Organization was not a good landlord to me and didn't treat me with the respect and dignity I needed. I realize that if I was going to get my flat repaired, I would need

to complaint to senior management and find a way for Battersea Fields Organization to fix my flat.

## **C H A P T E**



## **C H A P T E**

# **Ending of My Relationship with My Partner (Second Loss)**

It got to a point in my relationship with my partner where it was becoming too much. I treated my partner badly as I continued lying, cheating, misbehaving and the arguments were getting too much to bear. My partner decided to break up with me. This completely broke me; I was so hurt that I lost someone I loved. This was the second major loss I experienced which destroyed me. After this moment, I started feeling alone, depressed, angry, hurt, and broken. Being single was very hard to deal with as I had been in a relationship with my ex-partner for over five years.

I believe my partner made the right decision to break up with me because I treated her badly and I was a liar and cheater which was not good. I think if I could have been a better boyfriend to my

ex-partner and didn't deal with so much mental health difficulties and life challenges maybe we could of still be together. I do believe the arguments and fights that me and my partner had was unhealthy and cause to much conflict in our relationship. I learnt an important life lesson

from the break up that I need to treat woman with respect and dignity because if your relationship it is a 50 /50 partnership you work together to manage your relationship. I realize that I got a lot of learning to do when it comes to relationship and being with partners.

## CHAPTER 5

## **C H A P T E**

# **Finding Passion for Music and Starz Gang Rockstarz (Founder & CEO)**

I got very depressed and tried to commit suicide again by taking another drug overdose on pharmacy drugs. I was put back in the hospital at Springfield again. This was another rock bottom for me as I was all alone with my mental health problems and my loss. After some time, I was taken out of the hospital and moved back to my flat. I got myself a piece of paper where I wrote my feelings and thoughts down. I didn't know at the time, but this would be a start of my new discovery in music. I wrote my first ever song called Power & Pain because this is what I was experience within my life at that time. I had the power to change my life but I was still living in suffering and pain which was causing me distressed, anxious, anger, resentment.

As a child, I was always passionate about

music. I used to get my cousin to record music videos on a tape and he would give it to me to watch at home. Music was something that I

## CHAPTER 1

always had an interest in. I began to write lyrics on the piece of paper in my flat. It was a big discovery and it changed my whole life. I began to fall in love with music and would spend days in my flat writing, recording, and producing music. Music was going to become the most important thing in my life because I felt that Music was a way to express myself and create music which was really personally to me. The discovery of Music made me very passionate and I realize I have a life purpose to create music for Humanity, Animals, Universe and be a musician.

I was very passionate about creating music and recording music so I founded a Music - Media - Entertainment Company called Starz Gang Rockstarz (SGR) which I was the (Founder & CEO) in June 2010 on Reckyz Rose (SGR) YouTube Channel. Where I would release Music Videos, Singles, Tracks, Songs, Albums, Eps that I recorded in SGR. I also legally registered Starz Gang Rockstarz (SGR) as a Limited Liability company on Companies House in November 4<sup>th</sup> 2013. This was a massive step for me because I have never run a business before or legalize a company of my own but I realize my passion for music was so amazing that I want to work in the music business and be a musician who help musicians, creators, artists within the SGR

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Company.

Being a Rapper, Music Producer, Musician was one of my major passions in Life and for the first time in my life I found something that I was very good at and really enjoyed with a

deep enjoyment and fulfilment. I would record music in my home studio in my flat in Battersea for Hours & Hours because the music gave me so much energy and fulfilment. Music is something that has always been an apart of me and I really grow as a Musician, Rapper, Music Producer in the SGR company. I would spend all my time recording music in my home studio and I started to really take the music I was making serious because this was my passion and I wanted to pursuit becoming a musician. Making music is something spiritual and I feel I am living my life purpose when I am creating positive creative music for fans, followers, family, friends to listen to. Starz Gang Rockstarz was created because I want to build a company where we can spread love & peace through music expression and I want to build a Music - Media - Entertainment company that will change the world for the better and help humanity, animals, universe. Starz Gang Rockstarz was a revolution Music - Media - Entertainment company and was all about changing the world and society for the better through love & peace. Starz Gang Rockstarz was always about Positivity and Creativity and all the Musicians & Artist within SGR create really amazing music and content. I want to make sure I founded a business basic on my passion and love for music because this was very important to me



as a CEO & Founder and I believe that SGR would be the most internationally independent Music - Media - Entertainment company within the world which promote positive change & hope for the next generations of Musicians, Creators, Artists.

As a Musician in Starz Gang Rockstarz I made sure I had a very strong work ethic and I was always creating musical content for Reckyz Rose (SGR) YouTube channel. This was important because build a brand & company is not an easy thing and you need to work very hard to make your business dreams & desires come true. I would record music within the middle of the night in my Home Studio which was very important for me because I made great music when it was silent and quiet. As a musician my rapping and music production skills grew and I was become a well-established Musician, Rapper, Music Producer. I would also be working on lots of music within independent musicians within the underground music industry and I was a musician that was focused on creating Music Albums for fans, followers, family, friends.

## CHAPTER 15

# **Meeting a New Partner and Studying Business Management at Westminster University**

I was falling in love with music as I had found something I was passionate about. While working at a shop called Blacks, I started searching for a new job. I found a new job in Selfridges in a company called Pinkberry. This job was a very hard job. At this time, I was single, still smoking, drinking, getting tattoos, and partying. I met my partner at work when my eye started to wonder and I kept asking my colleagues “Who is that? I like her”. My new partner worked in a shop next to Pinkberry, selling donuts and coffee to customers. We started talking and built a connection together. We built a close bond and something in my spirit was connecting to her; call it intuition. I began to feel a spiritual connection

between us and it was a good feeling. We started to hang out and go to different restaurants and bars. We both decided that we wanted to be together so we started our love relationship.

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As I was finding love with my new partner, I was also studying in Business Management Degree at Westminster University in Marylebone Campus. This was the first time I was an undergraduate in university and to be very honest University was not the right environment for me because I was a very creative person and passionate about music & arts. In Westminster University I attended Business Management classes in Business, Management, Finance but when I was studying in the business classes It was very boring and I found the paperwork too much to deal with because of my dyslexia and mental health conditions. I tried my best to stay in Westminster University but my passion for music and entrepreneurship was growing inside of me and I realize after a few months of studying my Business Management Degree in Westminster University that I want to quit and leave Westminster University because I wasn't ready to be a student in University and I really want to pursuit music and entrepreneurship. When I was a student in Westminster University, I did attend all the parties and University events with my friends and fellow students but this wasn't the things I wanted to spend my time doing. I would go to Westminster University library within the night time from 10.00 – 06.00 doing work on my SGR Business and growing my Reckyz Rose (SGR)

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YouTube Channel. I realize my passion for music was so important to me and I knew the more time I put into the music & SGR Company the best results I will see in the business and I would build a worldwide following of fans & followers.

## CHRISTOPHER LIAM ROSE

Spending time in the night time focus on Music, SGR, Business was very rewarding and I really enjoyed being my own individual pursuing my dreams & desires to become a Musician, Rapper, Music Producer. While I was at Westminster University, I started to create a Series of Shisha Sessions where all my friends will come together to smoke shisha and socialize together. I created lots of shisha sessions events at Westminster University and everyone really enjoy the smoking of shisha and socialize. I have to be honest that I know smoking is not good for you and I only really smoked shisha with my friends & fellow students but this was part of my Westminster University student experience.

My music was getting better and better with time and I began to write more music with new inspiration. This was one of the best times in my life. I was so happy and full of love. Creating music and being in a relationship was amazing to me. My new partner and I spent a lot of time together, exploring different areas and going to different restaurants. I made over twelve to fifteen music albums during that time. I used to create music videos and edit it, and then post it on the internet to build a social media presence. I felt so positive and happy, and for the first time in my life everything felt good and positive.

## **C H A P T E**

# **Ending of My Relationship with Partner (Third Loss) and Quitting My Business Management Degree at Westminster University**

As I was a Student in Westminster University studying Business Management degree, I realize that I need to quit my degree to fully pursue music and entrepreneurship. I made a hard decision to quit my degree in Business Management to build Starz Gang Rockstarz (SGR) company. One day at Westminster University I went to the student department and said to the student team that I have made a decision and I want to quit my degree to pursue my business in music and entrepreneur. The staff said are you very sure you don't want to study your Business Management degree and I was Yes; I want to



leave & quit my degree. The student team did all the paperwork they need to do for me to leave my degree and then I was official a university dropout but I knew this was the best decision for me to make at this time in my life. University life wasn't for me and

because I found my passion in my music and entrepreneurship, I wanted to really pursue it.

Just when I thought my life was at a point where everything was sweet and joyful, something happened. I lost my job; I cannot remember what job I was doing but I did lose my job. After I lost my job, my partner and I started having problems. We began to argue and talk about the past like past relationships, situations, and circumstances. At this point, my partner decided to break up with me and this was around June, 2014. This was a devastating blow to me as I thought this was my soulmate. I was completely broken down and was hurting inside from the loss of my partner. This led me to start thinking about myself. Why was every relationship ending, why didn't it work out?

## CHAPTER

# Fire in my Flat

I started doing some deep thinking about my life and continued to focus my energy in music. I thought to myself how I can become a better person and what I needed to do to achieve this. I began watching some videos on YouTube about life. I found a guy by the name of Jiddu Krishnamurti. He was talking about the spirit, mind, soul and life. There was a playlist called a *Different Way of Living* with Jiddu Krishnnamurti and Dr Allan. This playlist changed my whole life and I began a deep learning process of finding my inner self. It was a dialogue talking about life and meditation. I began to write notes and watched all the videos to get inspiration. I started to meditate at home by myself. This was a very spiritual thing and I started to see things changing in my mind. Meditation became a habit to me and I would go to Battersea Park and meditate by nature on the grass. A lot of things started to change in my personal life. I started to see visions and had deep spiritual events

happening in my life. Then, I went to visit my Nan after she requested to see me; she had a message to tell me. My Nan is a Christian and she believes in God and spiritual things. My Nan said to me, "God going to save your life." I replied "what do

you mean? I do not know what you are talking about". I left my Nan's house thinking about what she said to me.

## CHAPTER

On September 30th, 2014, my life would change forever. I was on my bed in my flat using my laptop. I was working on a music video editing and mixing. I was burning candle because I like the light in the dark. I went to get a cup of water from my kitchen. All I remember seeing was this darkness that I had never seen before. It was coming closer and closer as I stood in the kitchen. I knew something bad was about to happen. So, I climbed out of my kitchen window. I proceeded to my neighbor's house to find out what was going on. I went to the balcony and looked at my bedroom window and saw a massive fire. This fire was big and high that I just saw flames everywhere in my flat. I tried to put out the fire but nothing worked. So, I went back to the front of my flat and shouted "Someone, please call the ambulance. My flat is on fire!" I heard people from the other blocks screaming "your house is on fire; your house is on fire!" It was like some kind of joke. I remember sitting on the floor watching my flat burn into flames. All my neighbors in Battersea came out and were gossiping and chatting. Some people were recording my flat been on fire on their mobile

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phones. I was completely shocked and my whole body was frozen, all I remember was the high level of suffering you can imagine. This was such a shameful and painful experience. I was completely broken, traumatized,

and hurting from this experience. The fire brigade came with an ambulance.

The scene was like a horror movie in reality. There was complete destruction and everything was destroyed. I lost all of my possessions, my home, my relationship, and my job all in one year. This was the fourth loss I experience in my life but by far the most painful loss. This was a near death experience as I was inches away from being burnt alive. The ambulance took me away and I went to hospital to be treated for any damages from the fire.

## **CHAPTER 18**

# **Mental Breakdown and Homelessness**

After I was released from the hospital, I had a major breakdown because the experience from the fire left me feeling depressed. I was officially homeless and was living on the street in Marble arch with homeless people. This was one of the saddest times of my life. I felt so alone and broken down, my emotions and feelings were everywhere and it was very difficult to hold myself together. I decided I needed to run away from London as it was too much to deal with, all the pain I was experiencing. I went on a coach and took a trip to Margate because this was the area where I felt at peace and loved. I reached Margate and went to the beach; it was the first time I felt a little relaxed from what I experienced. After I left the beach, I walked up to the hospital because I want to get help as I was feeling mentally unwell. A nurse came to see me and I



started to break down emotionally and mentally on the spot. The nurse stated that I will need to get back into the hospital because I was mentally unstable and needed support due to what I was going through.

## **C H A P T E**

# **Hospitalized in Springfield Hospital**

I was put under a section and was sent back to London in an ambulance. I was very hurt and broken because of everything that I had been through. I reached Springfield hospital and had to stay there to recover. At this point, I had nothing; no money, no job, no home, no clothes, and I was homeless. I faced a lot of problems in the hospital and had a lot of trauma and pain in my mind and body. It was very lonely being in the hospital again and my world was completely crushed. I was experiencing real rock bottom and no one was going to get me out of this situation. I made a serious choice which was to find a way to get out of this situation. In the hospital, I spent a lot of my time writing poetry and staying in my room. This time gave me the ideas I was searching for. I realized if I was going to get out of this situation, I would need to carry out some

certain actions. Action was the most important thing I needed to do to get back on my feet and come out of homelessness. Springfield hospital was my new home. It was better staying here than living on the streets. I

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then decided to start looking for a job as I realized getting a job would help me gain money. With money, I could buy some food, get some clothes, and buy back all of my possessions.

## CHAPTER

## **C H A P T E**

# **Getting Some Professional Help from NHS**

While I was in hospital trying to get back on my feet, I met my mentor and he came to visit me in hospital. My mentor started talking to me about recovery and how I was going to get out this situation. I told my mentor that I needed to find a new job. This was the turning point that changed my life. My mentor was a good man and wanted to help me out.

I really need some support and help for my situation and I was opened to any support I could receive. I realize going through some much trauma and painful life experience would destroy me if I didn't get the right support and help. I knew that finding jobs would be the starting point to get me out my situation and my mentor really supported me and helped me.

## **CHAPTER 21**

# **Starting my Life Again from Scratch**

My life was at rock bottom but I had this burning desire to get out of the situation. I began working on my CV and cover letter as I needed to update the information to help me search for a job. My mentor checked up on me by calling and giving me some advice. I had to start again from scratch, so I decided to look for jobs online. I was using the hospital computer to look for jobs' opportunities. My health started getting better as I exercised and took medication for my depression, psychosis, schizophrenia. As I used to be a tenant before the fire incident, I went to Wandsworth council to tell them that I am homeless and needed somewhere to live. This was the start of my recovery and things were starting to look better. The council said to me "we have found you a hostel to live in," this was a turning point. I was discharged from the hospital and moved into the hostel.

## **C H A P T E**

# **Living and Moving into Different Hostels**

The first hostel I stayed in was in Purley. I was receiving employment and support benefit because of my unemployment status. During this time, I started to slowly rebuild my self-esteem and confidence. It was difficult moving back into the society and living on my own again after the fire. I kept on searching for job opportunities at the library. My mentor came to visit me in Purley and we started to talk about how we can keep me well. My mentor said to me “I think you can get a freedom pass because of your mental health condition.” I said “Yes, that would be great”. So, we started to work on getting a freedom pass.

Living in Purley was a quiet experience; the hostel that I stayed in was very nice. It was clean and had internet. Although I had just been discharged from Springfield hospital, I was still finding things difficult as and was suffering with trauma. The council later decided to move me

into Streatham, as there was a hostel there that they wanted me to stay in. So, I was kicked out of Purley and moved into Streatham. This



hostel was in a very poor condition and the room was very small like a box. This was a hard experience for me as I was all alone in this hostel. My mentor stopped working due to leaving the NHS.

## CHAPTER

## **C H A P T E**

# **Paul Dorrington (Employment Specialist)**

I became unwell again due to the pressure and anxiety of being homeless and not being able to get a job. So, I went back to Springfield Hospital to try and recover from what I was experiencing. I first met the employment specialist named Paul Dorrington in a ward in Springfield Hospital. We talked about life and where I need to go. This was the first time I opened up to anyone about my own personal circumstances and how I was really feeling at that moment.

I got discharged from hospital and I kept working with the employment specialist. I moved back to the hostel in Streatham and began to live in the small room once again. I kept on applying to jobs online and my hard work finally paid off. There was a job opportunity in Primark as Stockroom assistant working night shifts. I had an interview for the position with Primark and

managed to get the job. This was another turning point in my life that changed everything.

Working in Primark as a Stockroom assistant was not the best job opportunity for me to work in but because of my current situation I need to find employment to help me get out of the situation of homelessness and mental health crisis. This was a very important part of my mental health recovery journey because I need employment to earn a living to support myself and help me to get out of homelessness.

## **C H A P T E**

# **Stockroom Assistant at Primark**

Getting the job at Primark was a major step forward in the right direction. I was living in a hostel in Streatham, and went to Primark in the night to do my shift. At this point, I was on survival mode. This was a very painful challenging time in my life because I was working in the night time from 18.00 – 06.00 really working very hard to survival and earn a living. I was working every night as a stockroom assistant in Primark pushing delivery up and down the shop floor. I hated my job so much; it was like being a slave but I knew I had to do it because it will help me get back on my feet. I worked very hard at Primark doing night shifts. My routine at the time was work, sleep, work, and sleep. I had no social life and no friends. It was a very de-motivating role and I was very grateful for the employment opportunity but the work itself was draining and

time-consuming which was something I hated and didn't like to do.

I began to make friends at Primark and this helped me to gain some more confidence. I made a lot of money during my

time working there and this was the start of my life getting better. I was paying rent in the hostel and doing food shopping. I had to wash my clothes in a Gullake by hand. This was a painful time but a real sacrifice. My health was becoming better, I wasn't thinking about my problems as I was too busy working trying to make a living.

Living in the hostel and being on survival mode taught me life lessons about the type of employment and work I wanted to do and also lessons on life that I wouldn't have learnt if I didn't experience the pain, hurt, struggle of losing my home and becoming homeless. This was a very hurtful experience but I need to learnt these life lessons which was priceless.

## **C H A P T E**

# **Karen Meechan (Clinical Psychologist)**

Because I had suffered with mental health for most of my life, the NHS helped me to get clinical psychologist named Karen Meechan who I could talk to about my problems. I first met the Clinical Psychologist at Springfield hospital and we sat down and had a brief chat. She wanted to know a bit about my story and how I was feeling. So, I began to talk about my story and the way I have been feeling. This was really difficult as it was the first time, I have ever spoken to someone about myself. Meeting the Clinical Psychologist was a real turning point and she really helped me to sort out my mind. My Clinical Psychologist was very caring and kind and always listens to me and what I had to say. We spoke about life, mental health, the past, struggles I was experiencing, traumas, and other subjects.

Karen Meechan was a very inspirational person in my life and I learnt so much life lessons



on Mental Health, Trauma, Past Trauma, coping strategies, mental health recovery through talking with Karen Meechan.

Karen Meechan was the first Clinical Psychologist to listen to my mental health story and not judge my life experience of mental health & homelessness in our conversation. This was so inspirational and inspiring to my mental health recovery because I never ever met someone like Karen Meechan who was so kind and compassionate, empathic towards me. The Counselling/Psychological Therapy Session was the most important sessions for me in my life at that time because I was in a rock bottom situation and mentally going through life challenges and mental health difficulties.

## **C H A P T E**

# **Moving Back to My Flat in Battersea**

The council told me that my flat had been refurbished and was ready for me to move back in. This was very hard for me as I didn't want to go back to the flat that nearly took my life. After a lot of thinking, I decided to go back into the flat as I didn't want to live in the Streatham hostel. So, I moved back into my flat in Battersea. The flat was completely empty and had no furniture. My dad helped me to buy a bed for the flat and with the money I save up from working in Primark, I bought back all the possessions that I lost. I was officially back on my feet from being homeless to getting a refurbished flat and having a new job. To get back on my feet took a lot of hard work, sacrifice, and sleepless nights. All of my hard work paid off and when I moved back to my flat, I managed to get a brand-new freedom pass. The freedom pass meant that I don't have to pay for travel, it was completely free. This was very good as I saved a lot of money. My life had

changed for the better and I had a new home which was very important to me after dealing with months of being homeless. My life was in order and I had the

support from my Clinical Psychologist and Employment Specialist. It was a real journey to get to this point but I was very happy.

## **C H A P T E**

**C H A P T E**

**Studying Business  
Information  
Technology at  
Greenwich University  
and Sale Assistant at  
TK Maxx**

I went to see my Employment Specialist at a café in Clapham junction. We talked about the future and the things I wanted. I was honest in the conversation and said, "A part of me wants to help other people". The employment specialist said something that changed my life. He said "It's better to be at the bottom in something you want to do than to be halfway up the ladder in something you don't want to do". This was a really powerful statement and it didn't sink in with me until later on. I told the employment specialist that I was going to obtain a degree in Business Information Technology and I was looking for a part-time job. He looked at me and

said, “Are you sure that this is what you want to do?” I didn’t answer the question as I was not sure.

After the meeting, I started searching for jobs online at home. Then I decided to look for jobs more directly by going to

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the stores. I started to hand my CVs to shops. I went to Clapham junction and went into TK Maxx and asked the manager if there were any vacant jobs. She answered that some jobs were available and asked if I had a CV. This was the opportunity I had been looking for so I gave her my CV. A few days later, I got a phone call asking me to come in for an interview. So, I went to the interview and got the job. I was now a sales assistant working in TK Maxx. I went to Lewisham Southwark College and started my degree in Business Information Technology. My classmates were nice and the tutor was a good teacher, it made me feel like I was in the right place. But at the back of my mind, I was thinking about helping other people. I had another therapy session with my Clinical Psychologist and we talked about my feelings and the fire incident I experienced. This was a difficult conversation as it brought back a lot of memories and emotions. I told my Clinical Psychologist I had been finding it hard to deal with all the problems I have experienced. She said to me, "It will take time to deal with all of your problems and that is why you are having a therapy so you can find a way to overcome with it". The therapy session was really good and I felt like I learned a lot from talking about my problems.



## **C H A P T E**

# **Helping a Guy Who Had a Bike Accident**

One day, I was at college sitting in class and my tutor was teaching computer programming. I felt very bored and was not interested in the subject. I went out of the classroom to make a phone call to my Nan. I love talking to my Nan about many things. I said to my Nan, "I have a passion for helping other people". My Nan said to me "Do what you feel passionate about". I decided to leave college, so I packed all my belongings and left the class. This was the last time I attended college. On my way home in the bus, I thought about how I could help other people. Then something happened in Battersea, there were a lot of traffic and the bus was not moving. I saw a crowd of people standing in the middle of the road. Something had happened and everyone was trying to find out what it was. I got off the bus and ran to join the crowd. I saw a guy lying on the ground; it appeared like there had been an accident. The guy's bike was in the middle of the

road, he must have been knocked off his bike. There were two women next to the guy trying to help him. I decided to go over and

help as everyone in the crowd were just chatting and gossiping. The guy was in a poor state, he had cuts all over his body, his head was damaged, and he was in serious pain. I held the guy's head and started to help him. He spoke to me saying "I can't breathe, I can't breathe". This was scary for me but I remained calm and said to him, "It will be okay, we are getting more help for you". The ambulance came to the rescue. The scene got a bit rowdy and the police was trying to stop cars from coming into the area where the guy was lying.

The ambulance team started to operate on the man in the middle of the road. I and the two women were listening to the ambulance team and helping out in any way we could. The guy's condition got worse and they had to do an open-heart surgery as his body was shutting down. The ambulance team then said they have got it under control requested that we move away" Not like they were rude, they just wanted to save the guy's life. So, I moved across the street and joined the crowd that were watching. At the end of it all, the guy never made it as he died on the spot. A police woman came to me to break the news. I started crying, my heart was broken. I couldn't believe the guy had died. The police woman took me into a police car and started to

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calm me. She said “well done for try to save this guy life, it was very brave of you. This is the part of my job I hate; I don’t like seeing someone die on the scene”. I was in shock and kept on crying, I then said “people were just standing there talking, chatting, and gossiping when

there was a guy losing his life, it is so nasty". I and police woman looked at each other and hugged. This was another turning point in my life and I made a decision to always help other people full-time from that day.

Watching a guy die was by far the hardest experience I have been through, but it taught me the ultimate lesson which was helping other people. I called my employment specialist on the same day and said "Paul, I have just been through a very difficult time". The employment specialist replied, "Tell me all about it". So, I started to share and cry about what I had just experienced. The employment specialist asked "What do you want to do about it now?" I said the words in my heart completely connected to what I was trying to say. I said "I want to help other people full-time within my life and make a real difference to people's lives". The employment specialist said "I will support you all the way to make your dream of helping other people come true". This was the day where I devoted my life to helping other people and giving back. This is a massive decision that I made on that day because it was a life changing events that really made me realize the important of helping other people and giving back. Sometime in life we don't fully understand why we go through serious life

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situations in our lives that shapes us to the person we need to become to be. In my life it was this serious life experience that made me realize I have 1 choice to made now. Helping other people and making a difference. This was very important change in my life and I

realize that I am going to devoted my whole life to helping other people full time in all the work I do. This was a spiritual mission and calling in my life that change me forever. I had a very deep passion for helping other people and live a life where I am helping other people and giving back. This is very important and my life change to helping other people. I truly respect Paul Dorrington & Karen Meechan for their support because it motivated me and push me to really want to help other people and give back.

# **C H A P T E**

## **Co-Facilitator at Mind (Wandsworth h)**

I met the employment specialist one day and we started talking about where I wanted to go. I told him that my heart was calling me to help other people. Turning point – a job opportunity to work for Mind as a Co-Facilitator helping people with mental health came. My employment specialist told me about this job opportunity. Part of my employment specialist's job was to help people get back into work and do something they really enjoy. I had the interview on my birthday, it was a good day and I got the job. I was so happy that I got the job, it was amazing. It was my employment specialist that showed me how to help other people and even how to get jobs in helping other people.

Working for Mind was the best job I ever had in my life. We were helping people who had serious



mental health problems like bipolar disorder and schizophrenia. We ran groups where I would talk about how you can maintain your health and wellbeing, coping strategies on how to deal with mental health, and ways to recover with hope and inspiration. It was

this job that really changed my life. As I was working with service users, I could see the changes in their development and life. This was when I realized this is what I wanted to do with the rest of my life. Working at Mind as a Co-Facilitator was so good and I enjoyed the time working there. I was a student studying Business Information Technology, working at TK Maxx as a sales assistant on the weekend, and working at mind as Co-Facilitator part-time every Thursday.

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## **C H A P T E**

# **Turning Point**

As time went on, I realized that all I wanted was to help other people and give back. One day at college, I was sitting and looking at everyone. At that moment, I realized this is not what I want to do. I didn't know why but my heart was not in it. For some reasons, it just didn't matter about earning money and becoming a computer programmer. It just felt meaningless. So, I made a decision to help other people full-time. This is what I was passionate about and really wanted to do. I spoke to my Clinical Psychologist about it, and she said "It's up to you, but are you not going to study anymore?" I replied "I do want to study but not in that subject as it doesn't matter to me." I spoke to my employment specialist, and he said "Chris, follow your passion." He was very understanding and I need that advice at the time. So, I made a choice to help other people full-time. There was no going back on this decision and this choice was something that was going to affect the rest of my life.

## **C H A P T E**

# **Quitting my Business Information Technology Degree at Greenwich University and Leaving Sale Assistant at TK Maxx**

From this moment on, my main focus was on helping other people. One day, I had a meeting with my tutor from college. I told my tutor that I didn't want to study this course anymore. She asked me, "Why have you changed your mind about studying this course?" I said "I do not have passion for IT anymore, that I want to help other people." She said to me, "There is so much money you can make in IT and there are a lot of jobs in this industry". I said "I just don't want to do the course anymore; please, can you take me off the course?" My tutor was shocked at my decision because she could not believe I wanted to leave the course.

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After that conversation, I never went back to the college again. This was the last time I saw all the other students and

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tutors. I made a big step to stop my studies to pursue working to help other people but it felt like the right thing to do. Then I went to TK Maxx, my manager wanted to talk to me about something. She said “your performance at work has not been great and your attendance is very low, so because of this, we are letting you go and you have to leave TK Maxx.” I said “this is okay and I fully understand.” To be honest, I was happy about leaving TK Maxx, the job was boring and I hated been on the till service with negative customers. After the meeting with the manager, I went back and finished my shift. I was so happy that I was leaving the store and didn’t have to work there anymore. That was my last shift at TK Maxx and in a retail store in general. I was now only working as a Co-Facilitator at Mind. I was so happy that I was making the right choices for myself and helping other people. At this point, I decided to look for another full-time job, so I started applying for jobs online. I also went to a job agency to ask if they had any job vacancies in mental health.

## **C H A P T E**

# **Support Worker at Reamcare**

I continued searching for a job and my hard work paid off as I was offered a job with a company called Reamcare, to become a support worker helping children with autism and learning difficulties. I had an interview with the manager and they asked some hard questions but I managed to do well. A few days later, I got an email stating that I got the job. I remembered the amazing joy I felt in that moment. I was ready to help people full-time and become a support worker. I had to tell my current job about the good news, so I told my manager at Mind that I had found a new job as a support worker in Reamcare.

My manager was shocked but happy for me. I said "I need a reference from Mind to help me get into the new job". They were happy to provide a reference for me which was nice of them. This was my last day at Mind, it was a very emotional

day and everyone was sad that I was leaving. It was good seeing all the service users get to the end of the program in our workshop and seeing them in their recovery. This was the first step of pursuing my career and the building of my own



personal joy and happiness of helping other people. I was ready to work full-time and make a difference to the children's lives I would be working with.

## **C H A P T E**

## **C H A P T E**

# **Loss Support Worker Job at Reamcare**

I started to work at Reamcare full-time as a support worker. Working with children was fun and interesting. I learned a lot by working with the children. I thought if I work in the care environment, there would be people who are compassionate, kind, caring, loving towards other people. But unfortunately, this was not the case. As I was working at the job, people in the workplace started to talk about me and gossip about my performance at work.

One day, my manager called me into the office that she had something to say to me. She said “there has been an issue that has been raised about you and the children.” I replied “I am not sure what you are talking about”. My manager said “well, people have been saying you been sleeping on the job and didn’t get help for the children when you were outside in the public”. I

said “this is not true!” My manager then said “because of all these things, we are terminating your contract”.

At this point, I was completely shocked; I have only been at Reamcare for one month and was about to be fired. This was a painfully experience which really hurt me. And in the week before I had to leave Reamcare. I had five shifts to complete. This was very hard to do because I had to work in a negative environment where people were talking behind my back and all of my colleagues knew I was getting fired. I decided to work and finish my shifts at Reamcare because I enjoy working with children. It was a hard experience to say goodbye to the children after working with them for a month. I left Reamcare, and I was completely broken as I really liked the job with passion. I realized this was another life lesson I needed to face. This taught me a very important lesson which was not to trust people and that there is no such thing as job security. I remember been at home, thinking about how people could be so unkind and cruel. They made me build a bond with the children and then broke it like it meant nothing.

Reamcare didn't respect their staff and I felt so unhappy and sad that I loss a job that I was passionate about but it was a very important lessons learnt. I realize I need to work in an organization who would respect the service and work that I provide to my clients and I would need

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to work for employers who want me to succeed  
within my careers and respect my contributions  
to clients.

## **C H A P T E**

# **Heart Operation**

After losing the job, I was left unemployed with no income. Luckily, I had saved up money which I was now using to survive. I was suffering from a heart condition called Wolf Parkinson White Syndrome which is a heart condition that affects the heartbeat. I had been waiting for an operation to cure the condition for some time. I had to go to the hospital for a heart operation. This was a scary moment for me. This was going to be a big operation and I didn't know what to expect. Before I went into the hospital, I met my twin brother and I thought that would be my last moments. I talked to him about helping other people and how much I loved him.

The day came and I went to Royal Brompton hospital. I was seen by a nurse and she took me to a waiting area. I had to wait for a bed to be made. After thirty minutes, the bed was ready for me. I was all alone with my thoughts racing on the bed, feeling nervous. There were lots of patients in the room where I was staying, all were

waiting for operations. As I was resting in the hospital, the nurse asked “would you like any dinner?” I said “yes, please”. So, I had some food which was

really good. After dinner, I was on my mobile phone watching music videos. It was getting late, so the nurse turned off all the lights. I went to bed and tried to relax myself.

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The next day, it was time for my heart operation. I was worried and scared as I had never been through this type of experience. I had a shower and brushed my teeth. I got dressed into the hospital clothes and waited patiently. The doctor came in to see me, and they said “we are going to operate on you today and we have to put you to sleep to do this, are you ready?” I replied “okay, that is fine, but I am a bit worried”. The doctor said “you have got nothing to be worried about; we have done this lots of time before”. The nurse helped me from my bed and moved me downstairs to the surgery room. At this point, I became nervous. I was moved into the surgery room where I could see all the doctors. After this, I was put to sleep and do not know what happened next.

After the heart operation, I was sent to the recovery room before I woke up. I woke up and saw all the doctors looking at me. The doctors revealed that the operation was successful and that I can go home when I feel better. I was moved back upstairs into the bay room where I was before. I felt really sick and started to vomit



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in a bowl. The nurse was by my side looking after me. Thank God for the wonderful support of the doctors and nurses. After the operation, I was only resting my body and mind as I had to recover. My twin brother came to visit me, which was nice. We had a chat about life and how

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things were going. It was good to spend time with my twin brother as I needed his support.

## **C H A P T E**

# **Recovery and Reflecting**

I was discharged from hospital on 8th of June, 2016. I felt like a new person inside; I felt really good but my body was hurting me. I decided to walk home from the hospital as I had been resting on a bed for a few days. I went home to my flat and it felt weird being back at home. The doctor told me to rest and take things easy until I fully recover. So, I went into the bath and had a wash. After my bath, I went straight to bed as I was too tired. I had a lot of time to reflect about my life. I started to think about everything I went through. All the problems and mistakes I had made up to this point. This was a time out from my busy lifestyle of working and living, for the first time, I had time alone to myself. I started to write down the goals I would like to achieve. There were a lot of things that I wanted to become. I thought long and hard about these choices I was jotting down. I wanted to become an Evangelist, Author, Mentor, Life Coach, and Motivational Speaker. What I wanted to do - tell my story to the world, travel

around the world, go to the gym, get involved in helping other people with different charities, and give money away to church and charities. I wanted to have - a family, business, build a ministry, and build

a charity for people with mental health and those who were homeless. This was a detailed list of be-do-have list. This is what I was aiming for in my life now. **CHAPTER** As I was still unemployed and recovering, I decided I need to start looking for job again in my field, mental health.

I was focused on achieving my dreams, desires, goals because they were very important to me and going through self-reflection completely transform me and made me wiser.

## **C H A P T E**

# **Support Worker at Care Management Group**

After spending days searching for a job, luck came on my side and I managed to secure a job interview with a company called Care Management Group. This interview went really well, the next day; the manager said I got the job as a support worker. This was amazing; it only took me a week to find a new job since I had my heart operation. I got the job in August 2016, and I was now officially working as a support worker in Care Management Group. In this job, I had to support people who had mental health and challenge behaviors. This job was very hard and difficult, and really challenged me because the clients I served were very unwell and depressed. I had to do personal care on the clients like - shaving, washing, and cooking for the clients. These clients were so unwell and could not do their daily basic duties throughout the day. In this job, I had to stay focused and motivated to serve these clients because the job was so demanding

and stressful.

After a month of being in the new job, I realized that this job was not for me and I needed to leave this position. So, after

work, I had to start searching for a new job again in mental health and to find other charities and organizations I could work for.

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This job was not a good job there was too much hard labor and it was very difficult to support clients who was mentally very challenging and emotionally unstable which sometimes cause me distress and sad because I felt so sorry for the clients who I was support and help in this role.



## **C H A P T E**

# **Finding My Faith - Spirituality - Christianity and Going to Church**

I realized that I needed to build a connection with God as I do believe that God is the creator of everything in the universe and that God has helped me to become who I am today. My faith has always been a very important part of my life and I always believed in God and Jesus Christ. I started to attend Lighthouse Chapel International church every Sunday and devoted more time to God. Church was interesting and I learned a lot about the Holy Bible and Christianity. I met a lot of good friends at church and built bonds with all the pastors at my church. I then made a choice to get baptized and devote my life to become a true Christian.

One day at church, my pastor said during service that we are doing baptism and that we can get baptized in the swimming pool today if we want to be born again and devote our life to

God. That was what I had been waiting for, when the service ended, the baptism began. When I got baptized, it was me, Reverend T, and other members of the church who were with me. I asked one of my good Christian brothers to record

my baptism. The members of the church were singing songs and I then went into the water and got baptized. This was one of the most important moments of my life because I became a true Christian who was born again. All of the past things that happened to me up to this point had been washed away. I could start a new life as a Christian and devote my life to helping other people. This baptism really changed my life and I thanked Reverend T. for baptizing me.

After the baptism, I still spent time going to the church and learning about Jesus Christ. The more I went to church, the more my faith grew and I started to fall in love with God and Jesus Christ. I would always listen to message from the founder of my church, Dag Heward Mills, which would give me inspiration and motivation. Dag Heward Mills is the Head Pastor of Lighthouse Chapel International and has built churches all around the world since he started his ministry in 1987. Dag is also an Evangelist who has saved millions of souls in his ministry. He is one of my biggest inspirations as a Christian because he really loves God and has devoted his life to the church and the ministry. I also read books written by Dag that helped me to understand God and Jesus Christ and how to live a life worthy of grace and salvation.

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One day, I was at my mother's house thinking about evangelism and helping my church to win souls. I watched a sermon on TBN UK and it was talking about "this is your day and you are going to achieve greatness within your life because

you honor God". I was so inspired by the sermon and then realized I want to start my evangelism that night. It was about 03.00am when I left my mother's house, and while I was outside, I began to evangelize. I spoke to many people on the bus and on the streets on my way home, teaching people the gospel of Jesus Christ. I was saying scriptures like John 3.16, Romans 1.16, and John 14.6, trying to get non-believers to follow Jesus Christ. I was good at evangelism and really felt fulfilled and anointed when I did it. I then began to evangelize when I had spare time in my local community and with my church. When I read in the bible about anointing and how one can become spiritual fulfilled from God, I was like I wanted this anointing and spiritual enlightenment.

On another day, I was evangelizing at Vauxhall in South West London near my home and I met this guy. He was wearing a suit, tie, and looked very smart. I asked him, "Do you believe in the gospel of Jesus Christ?" He said "No, I do not". I then told him, "You need to be saved and born again". We then had a discussion about God, Jesus Christ, spirituality and life. It was a really interesting conversation and I learned a lot from this stranger. I always remember this story because this guy was a true non-believer and he

thought his life was great when it really wasn't. Going to church, evangelism, praying, reading the bible, and listening to messages helped me to become a better Christian. I started getting more involved in my church by become an usher as well, which was very good for me to

help my church by helping other Christians. So, I was now an evangelist, usher, and true Christian, and I felt really happy because God is the most important thing in my life and I was honoring my relationship with Him. In my Christian life, I listened to a lot of pastors and church workers like Joel Osteen, Victoria Osteen, Dag Heward Mills, TD Jakes, Joyce Meyer, and Joseph Prince which has all influenced me to become a better Christian and stay in my walk of faith. By reading the bible nearly every day, my relationship with God has grown and I know that God loves me for who I am and not the mistakes that I have done.

Finding my faith & spirituality has become the most important thing in my life and my relationship with Jesus Christ & God is everything to me because Jesus Christ & God saved me in 30/09/2014 from the fire. My faith has become very important to me and learning so much from Dag Heward Mills and my pastor helped me to do the work of Evangelism as an Evangelist.

## **C H A P T E**

# **Casual Worker at Fellowship**

My hard work paid off again and I found a new job in an organization called Richmond Fellowship, as a Casual worker. I had an interview for the job position in Richmond Fellowship and the interview went well. After a few days, I got a phone call that I got the job and can start as soon as possible. This was great news for me and I was glad that I was leaving Care Management Group. My last shift at Care management group was good and I said goodbye to all the colleagues that I was working with. I left Care Management Group on September 2016. It took a couple of weeks to get the paperwork done for Richmond Fellowship job as a Casual Worker, and I started the new position in October 2016. In this job, I was bank staff so I didn't have a permanent contract which meant I had more flexibility in the role. As a Casual Worker, I had to serve people who had mental health conditions and people who were living in support housing. There were a few



housing projects that Richmond Fellowship had in Ladbroke Grove that I had to work on.

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**Casual Worker at**

This job was by far one of the best jobs I ever had. All the staff was kind, friendly and helpful, and we all got along with each other. People respected me in this job and I enjoyed helping other people at Richmond Fellowship. I had to do one more job with clients, supporting clients with housing, benefits, and helping clients to get repairs sorted out in the houses they were staying in, and administration work. I loved this job and enjoyed the team and clients. I realized in this position; I would need something more permanent later on after I have been here for one month. Because I was working part-time on a flexible contract, I started thinking about doing some volunteering as I had spare time on my hands. I started looking for volunteering positions on Do It Org. I wanted to become a mentor and fulfil one of my personal dreams. I was still going to church every Sunday, ushering and doing evangelism after church, I was still working as a Casual Worker in Richmond Fellowship and now I was looking for volunteering positions as a mentor.

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# **Mentor at Mind**

Searching for volunteering jobs finally paid off when I was offered a position as a Mentor (Volunteer) to work in Mind in Brent. I had the interview with the manager and she started asking me questions about becoming a mentor. As I started answering these questions, I told her my story of how I had mental health issues and the struggles working in the mental health industry. I and this manager made a connection during this interview, and the interview changed when we both started talk about our mental health and how we overcame our mental health conditions. This was one of the best interviews I have had and the manager gave me the job on the spot. I was so happy and fulfilled, and I said to myself, “One of my dreams is going to come true, this is amazing and exiting”. After the interview, I was introduced to the person I would be working with as a Mentor in Mind (Brent) head office. The client I was working with he was a young person who suffered with mental health. In our first

meeting, I had to listen to client story of how he developed mental health issues and how he has been struggling to cope with it. I was very happy and

fulfilled, and I really listened to client because I wanted to help him.

After our first meeting, we both agreed that we would do our mentoring sessions in a café near Mind (Brent) and discuss how we are going to move forward. I left Mind (Brent) feeling like I can really help my client and make sure he gets into a better place in his life. Shortly after our first meeting, we started meeting and began our mentoring sessions together in a café in Harlesden. During the mentoring session, I would help my client talk about how he was feeling and some of his dreams and desires that he wanted out of his life. Being a Mentor taught me vital skills like listening skills, communication skills, interpersonal skills, empathy, compassion, and understanding people's problems. Throughout our mentoring sessions together, I helped client to go back to college and study English, as well as helping him get an apprenticeship in an organization that help people get back into work. As a Mentor (Volunteer), I devoted my time to one person and I made a real difference in client life. It was so rewarding to be a Mentor and I really loved the experience that gained by volunteering. I became a mentor in March 2017 and finished mentoring with the client in November 2017. My manager was one of the most supportive

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managers I have ever had in my career and she helped me to achieve this dream of becoming a Mentor. I thank my manager, Maneet

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Relom, for giving me the opportunity to become a Mentor and make an impact on someone else's life.

When I finished my mentoring, I decided to search for a job in the NHS. I spoke to my employment specialist over the phone and asked him "What is the best way of getting a job in the NHS as I want to work for the organization". My employment specialist said "Let me come down and show you how to get a job in the NHS".

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# **Peer Support Worker at CNWL**

I met my employment specialist at a café in Clapham Junction, and we looked at job positions in the NHS. While I was with him, I saw a job opportunity on the internet for a position as a Peer Support Worker, so I applied for the position with my employment specialist help. I was taught how to apply for a job properly by my employment specialist that helped me to search for different job positions I wanted too. A few weeks later, I had a job interview for the position of Peer Support Worker. I remember seeing the manager and two other staff members in the interview. I had to share my personal story in ten minutes and convince the manager and the other staff members that I was the right candidate for the job. The interview went well and they liked my story and who I was as a person. After a few days, I got a phone call that I got the job. I felt so happy and joyful because another dream was about to come true. I joined the NHS in June 2017



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and I started working in Gordon Hospital, which is a private hospital in Vauxhall/Victoria. A Peer Support Worker is someone who has experienced mental health issues and uses their own experiences to inspire other people who have mental health. I

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started working in the NHS and it was so amazing. I enjoyed being a Peer Support Worker and sharing my own mental health experiences with other patients in the mental health wards at Gordon Hospital. In my day-to-day duties, I had to run workshops/groups talking about ways to recover from mental health, provide one-on-one emotional support to the patients I was working with, do paperwork and administration in the office, share my recovery story and how I managed to rebuild my life. The team that I worked with was filled with nice people and I had two main managers that I had to report to in this position. I was learning so much as a Peer Support Worker and growing within the role. This was the first ever Peer Support Worker role I have ever done and I really did enjoy the team I was working with.

After some time working in the NHS, my performance started to drop due to encountering serious problems in my life. I was taking more days off work and not telling my managers where I was. This became a real concern for my managers and the rest of the team. There was an opportunity to become a qualified Peer Support Worker by studying a course in Developing Expertise in Peer Support in the university. This is what I was looking for and one of the main

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reasons why I join the NHS. I started studying the course and I met other Peer Support Workers who had similar conditions as me. Some of the Peer Support Workers I met suffered from mental health issues and others suffered from drug/alcohol

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addiction. Learning and meeting the other Peer Support Workers made me realize how important and special it was to be a Peer Support Worker working with the NHS. I found studying this course intense and I was struggling emotionally due to the problems I was facing in my life. During my studies, I was not focused and concentrating on the course. My teacher started noticing something was wrong with me.

## **C H A P T E**

# **My Mother Having Breast Cancer and the Death of my grandfather**

While I was working as a Peer Support Worker (Part-time), Casual worker (Part-time), and Mentor (Volunteer), consistently working all three jobs, I was dealing with a lot of things within my family. One day, I was working in Richmond Fellowship when I got a phone call that would change everything. Someone in my family called me to tell me that my grandfather had passed away. This was a big shock and I felt sad. I reported at my work that my grandfather had just passed away and I needed to be with my family. My manager and colleagues all supported and told me to go home and be with my family. So, I left work and went to my Nan's house. I saw all my family at my Nan's house crying for my dead grandfather who was lying on the bed dead. This was horrible and the pain that my family experienced was very hard. The undertaker came to my Nan's house and took my grandfather's

dead body from the property and put him inside a black bag. This was one of the most shocking things I have seen and I felt a deep sadness and pain from my grandfather passing. Shortly after my grandfather died, I got the news that my mother had breast

cancer. This was very hard to deal with and I started to cry and get emotional.

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I was at work the day I got the news of my mother's predicament. So, from my mother been diagnosed with breast cancer and the death of my grandfather, I was dealing with a lot of negative experiences as I was working in my career in mental health. These experiences had a negative effect on me at my main job as a Peer Support Worker. I had a meeting with my teacher and manager, and we discussed my future with the NHS and the university course. We all agreed that it may be best if I stopped my studies at the moment due to the problems I was facing in my family. This hit me hard like a thousand bricks; I was completely hurt by the news. I worked so hard to get to this point in my career for everything to all go away. My manager did not like the fact that I was not performing well at work, so she sent me to occupational health to get some support for my bereavement and mother's cancer.

## **C H A P T E**

# **Julie Pearson (Mental Health Employment Programme Coordinator/Staying Well)**

I went to occupational health in the NHS to talk to a doctor about my mental health, bereavement, and mother's breast cancer. It was a very personal meeting and the doctor said: "I may know someone who can help you stay in work and keep you in your position as a Peer Support Worker". The doctor said her name is Julie Pearson; she was a staying-well-at-work coordinator that helps staff stay at work and remain well. I agreed with her that I needed someone to help me deal with what I am going through. I first met Julie Pearson at the hospital of occupational health and we had a meeting. I told Julie a bit about myself and what I was currently



going through. Julie understood me and said that she wanted to help me come to terms with what I was going through at the moment.

A few days later after the meeting, I went back to work with Julie Pearson supporting me. I was still my working three jobs and would see Julie one day every week. Julie started to

## CHAPTER 6

work with me and we would talk about my recovery and how I can stay at work as a Peer Support Worker in the NHS. Julie was so inspirational and kind and helped me to see some facts about myself and the way I was performing at work. My managers were happy that now I was getting support plus I had extra support from a Senior Peer Support Worker named Blagica, who I would have supervision with once a month. Slowly my performance started to improve and with Julie and Blagica's help, I managed to stay in the job for a longer period without getting fired. Peer Support Worker role was really good but I was struggling to deal with my mother breast cancer and grandad death.

During my time at NHS (Gordon Hospital), I was helping my mother go through her treatment of breast cancer and attended the funeral of my grandfather. Because of the problems in my family life, I started to build this anger and frustration towards my family. I hated some of the people in my family and didn't like how my family was treating each other. The anger was a build-up of all the sufferings I had experienced in my life from mental health, abortion, deaths of a loved one, mother becoming ill, loss of homes, and loss of jobs. There were so many things I was going through that made me angry and I

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wondered why I suffered so much. I spoke to Julie, Blagica, and Paul about my anger, and they all tried to help me get over it. I realized that I could not do all three jobs all at once anymore, so I decided just to focus on the Peer

## CHRISTOPHER LIAM ROSE

Support Worker job. Being a Mentor had ended; I also ended my work as a Casual Worker in Richmond Fellowship. There was another volunteering opportunity that came up with the charity Mind, a phoenix recovery volunteer. I have always wanted to be a phoenix recovery volunteer and I decided that I wanted to do this volunteering position with Mind in Camden. Volunteering was very important to me and I wanted to help other people and give back.

## **C H A P T E**

# **Phoenix Recovery Worker at Mind in Camden**

I began working as a Phoenix Recovery Volunteer in April 2018, which was one of the best experiences I ever had. Being a Phoenix Recovery Volunteer was very rewarding and fulfilling, I helped people who had mental health conditions. As a Phoenix Recovery Volunteer in Mind in Camden, I had to provide one-on-one emotional support to the clients, cook lunch, run the groups, make cups of tea and coffee and socialize and engage with them. I worked every Sunday from 12.00 to 16.00. I met other volunteers in this job who was so helpful and inspirational to the clients. We all loved helping other people and giving back, and we all valued being a Phoenix Recovery Volunteer. My manager was a good man who always put in massive effort to make sure that the group was a success. I also continued working as a Peer Support Worker

(Part-time) for the NHS (Gordon Hospital), and on my days off, I would volunteer as a Phoenix Recovery Volunteer at Mind in Camden. I worked as a Phoenix Recovery Volunteer for three months and finished my volunteering in June 2018

because I wanted to complete my course in Life Coaching that I was studying and set up my own business in Life coaching. I spent over £4,000 on this course and **CHAPTER 1** employment specialist recommended it to me because he studied the course and set up his own Life Coaching business. I decided that after being a volunteer as well as working as a Peer Support Worker that I wanted to become a Recovery Worker.

While I was at work as a Peer Support Worker, I sat down with Julie and talked to her about wanting to leave this job and work in the community. I felt like working in Gordon Hospital was good but it was not suited for me because I prefer to work in the community and help people there as I had done it before in my career. Julie helped me to look for work in the community and I applied to a few job positions as a Recovery Worker. I still was struggling with sadness and anger while I was working as a Peer Support Worker and I wanted to become happier at work. Shortly after applying for a few jobs position, I got interview opportunities for two organizations, Look Ahead and Hestia. This was a great opportunity and I realize that working in the Community would be a much better environment than in mental health hospitals.

## **C H A P T E**

# **Mental Health Recovery Worker at Look Ahead**

I had my first interview with Look Ahead for a job position as a Mental Health Recovery Worker. The manager asked me some tough questions but I was good at the interview and they saw my potential. A few days later, I had my second interview with Hestia for a Recovery Worker job position. This interview was intense and I managed to handle myself in the interview and performed well. After doing both interviews, I thought that it only a matter of time before I got a new job, I was very confident about how I did in the interviews. I got a call back from both organizations that I got the job offers. I was so happy I got the job for Look Ahead and Hestia but I had to choose this point. And I chose to go with Look Ahead because I liked the managers who interviewed me and saw that Look Ahead was a good organization to work for. With Hestia, I had



problems before getting into the organization when I tried to get a bank job before.

I finally left Gordon Hospital (NHS) in September 2018. On my final day at Gordon Hospital, we had a party to celebrate

my work, there with my colleagues and managers. We had nice food and drinks and enjoyed ourselves which was nice of my team to do. I started working in Liverpool as a Mental Health Recovery Worker in November 2018 working within a recovery house. Becoming a Mental Health Recovery Worker was one of my dreams as I have always wanted to be a Recovery Worker ever since I started in the mental health industry. Working as a Mental Health Recovery Worker was very good and rewarding and I learned so much about the customers I was serving. The day-to-day duties as a Mental Health Recovery Worker was doing one-on-one keyworker sessions with the customers talking about how they are feeling and doing support plan sessions to have a plan in place for the customers' recovery, doing paperwork and administration, providing emotional support for the customers, working as a team to ensure the recovery house was running successfully. I loved this job and it gave me a lot of personal satisfaction and fulfilment. This was a very responsibility role which means I had to work very productively and effectively to help clients in what they are going through. Mental Health Recovery Worker is always about providing Mental Health Recovery.

## **C H A P T E**

# **Getting Diabetes**

While I was working as a Mental Health Recovery Worker, I started to feel tired all the times and burn out. At first, I thought it was because I was working so hard with my job support people who have mental health conditions. I was finding it hard to sleep, having nightmares, kept on going to the toilet all the times, and was not eating much food. I knew something was very wrong in my body so I went to the GP to get a health check. When I went to the GP, the doctor ran some tests on me. The doctor revealed to me that I may have a type of diabetes and I needed to go into the hospital straight away because this is a life serious condition. I was shocked after I heard this as I have never ever heard of diabetes before this point. I went to St Georges' hospital and the nurses and doctors confirmed that I have diabetes type 1. This was going to change my life forever because I was no longer able to eat sugars or fast food any more due to being now a diabetic. I was very shocked and unhappy

because this would change my life and my diet. I stayed in the hospital from April 17th to April 23th 2019. During this time in the hospital, I started to reflect on my life and how these experiences were affecting me. It was

a hard time and I was very sick in the hospital. The doctors and nurses looked after me in the hospital and I went home on the 24th of April 2019. Of course, at the time, I was sick and off work because of my diabetes and being ill. I let my managers know that I would be unable to work until the 1st of May 2019 due to the doctor's advice of having an extension week off work to recover.

From April 24th, 2019 to May 1st, 2019, I was at home recovering from my treatment of my now new diagnosis of diabetes. I was going to the gym and eating very healthy foods and learning about diabetes. I had appointments to see my diabetes team and nurses who were helping me to control my diabetes. I eventually went back to work on the 1st of May 2019 and started to help other people again as a Mental Health Recovery Worker. It was a massive change for me to come back to work because I have been off work for so long. At this point in my life, I had mental health conditions of schizophrenia, psychosis, depression as well as diabetes life conditions. These two conditions had a major effect on me and for my mental health, I had to take medication and for my diabetes, I had to take injections. I thought I was a healthy person and I never thought I would get diabetes but

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sometimes, it due to one's family genetics.

## **C H A P T E**

# **Personal Joy and Spiritual Fulfilment**

Today in my life, I have had eight jobs in the mental health industry, two volunteering job positions and six paid employment positions. My career means so much to me and I am very grateful that I have been able to help lots of people in my life. I have been working in mental health for four to five years now and the journey of my career progression has been exciting and amazing.

My dreams and desires are to be a;

- Author
- Mentor
- Life Coach
- Motivational Speaker
- Evangelist
- Musician

- Teacher



- Counsellor
- Entrepreneur
- Millionaire

## **C H A P T E**

Right now, in my life, I have achieved five of my dreams and desires and it feels so good and fulfilling to me. I am chasing after my dreams and desires every single day and I want to become the best version of myself. I am a devoted Christian and still attend church to honor God and Jesus Christ. Now in my life, I still talk to my employment specialist (Paul), not receiving counselling/psychological from Karen Meechan, still talk to Julie Pearson sometimes. My mother has recovered from breast cancer and she is now well and healthy. My family has gotten over my grandfather's death by spending time together and enjoying life as a family.

I am still currently studying Life Coaching in the coaching academy and I am going through the course to become a qualified Life Coach. I would like to own a Life Coaching business in the future which I am working towards today.

The joy and fulfilment I experience is a spiritual thing and I have become so happy in my life due to all the difficult experiences I have been through. I now see the pain as a reward and everything I have written about in my life story is

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my reward to me. I have grown as a person and become more fulfilled by pursuing the work of helping other people and giving back in my life every single day. The work that I do now

## CHRISTOPHER LIAM ROSE LIFE STORY

in my life gives me personal satisfaction, joy, happiness, and fulfilment which have helped me to cope with what I have been through.

I live in Battersea in a Studio flat by myself and I am single and not in a relationship at the moment. I love music, Gym, fitness, reading, audiobooks, food, drink, and learning.

For the anger that is still in my life at the moment, I talk to the Samaritans who help me to cope with my feelings and emotions and give me the space to open up and share what's on my mind at any time.

The person I am today is due to everything that I have been through and I would not change any of the experience that I have gone through because it makes me the man I am today.

My favorite quote is "It not the problems that make you who you are, it is the person you become that makes you who you are".

I am living proof that you can go through so much in your life but achieve real greatness, success, prosperity, and achievement.

I am now a student of life and I love learning about life and how we can become what we want to be by learning from life and our own life experiences.

My life story is real and I have enjoyed the experience of writing this book about who I am and what I have gone through.

The lessons I learned from this book are:

- Help other people and make your difference in the world
- Pursue your dreams and desires
- Become happier and more fulfilled by doing the things you love to do
- Always learn and grow as a person
- Be what you want to be and become the best version of yourself
- Helping other people is not about you! It about the people you serve and the difference you make in their life
- Look after yourself and invest in who you are
- Earn money to help other people and make the world a better place
- Problems are there to serve you to make you stronger, resilient, and persistent
- Love God and honor your faith
- Giving, joy and fulfilment is the secret of life

I thank you for reading this book and hope you enjoy my life story.

Thank you, Christopher Liam Rose.

# **C H A P T E**

## **Thank You**

I want to say Thank You to Jesus Christ & God for making write my Life Story in a Books and for all the learning & life experiences I have been through because it made me into the person, I am in my life today.

I want to say Thank You to Paul Dorrington (Employment Specialist) for helping me when I was homeless and getting me into the Mental Health Industry where I can help other people & give back. Paul Dorrington is my hero in Mental Health work and Paul Dorrington taught me about life, mental health, employment, mental health recovery, spirituality.

I want to say Thank You to Karen Meechan (Clinical Psychologist) for helping me in therapy and showing me the work of Helping Other People. Karen Meechan is my hero in Mental Health Work and Karen Meechan was the first Clinical Psychologist that understood my pain & suffering. I have much love and respected for Karen Meechan.

## CHRISTOPHER LIAM ROSE

I want to say Thank You to Samaritans (Volunteers) for listening to me when I feel Anger & Upset due to Life experiences. Samaritans has been a great charity for me

personally, and I truly respect the Samaritans for all their great work and now I give donations to Samaritans.

## CHAPTER

I want to say Thank You to Julie Pearson (Staying Wellbeing Coordinator) for keeping me in employment when I was going through challenging life experiences. Julie Pearson really taught me about resilience & persistence in employment.

I want to say Thank You to Dag Heward Mills for showing me how to work in Ministries & within my faith for Jesus Christ & God. I have understood and learnt so much from Dag Heward Mills Sermons which has guided my Christian life & Spiritual life to become an Evangelist & Teacher in Faith.

I want to say Thank You to Jiddu Krishnamurti for showing Freedom and Spirituality. I have learnt so much from Jiddu Krishnamurti teachings and I believe that Spirituality has become the most important thing in my daily life.



## **C H A P T E**

# **Jesus Christ & Jehovah**

I want to really appreciate the importance that Jesus Christ & Jehovah has on my Spiritual Life & Christian Life. This book was inspired to share my Life Story and Testimony of all the life experiences I have been through because I found my faith in Jesus Christ & Jehovah. My Spiritual life is the most important part of my life and I understand the important of Spirituality and Christianity.

Jesus Christ & Jehovah are my true inspiration for writing this book and sharing my life story. Going to church and being a part of the congregation has been one of the most fulfilling and rewards things to be a part of. I was not always going to church and there was time in my life when my faith was weak but now that I am a Christian, Evangelist, Teacher in the Christianity Faith I realize my life purpose and life calling is to help find people to Jesus Christ & Jehovah and help other people in what they are going through. I truly hope this book has helped you to find your

## CHRISTOPHER LIAM ROSE

own faith & spirituality and I believe that your faith has grown since reading my life story and life journey. Please believe in Jesus Christ & Jehovah and

honor your faith at all times because your relationship with Jesus Christ & Jehovah is the most important relationship you have within your life.

## **C H A P T E**

Thank you so much Jesus Christ & Jehovah for making write my life story.

Jesus Christ & God has been a real inspiration for me and I am very happy and grateful that Jesus Christ & God made me into a Spiritual Christian.

## **C H A P T E**

# **Spiritual Change**

I want to say to the reader about the Spiritual change I went through in my life story and how Jesus Christ & God change my consciousness into helping other people and give back. When I went through the fire and loss my home and all of my possessions, I was going through a serious spiritual awakening which transform my life for the better. At the time when I was experience all of these spiritual experiences my spiritual and consciousness was changing spiritually and I was becoming reborn. I realize that Jesus Christ & God wanted me to change spiritually going there was a spiritual path they wanted me to go into. I learn from the spiritual change that I have experience from losing my home and all of my possessions that I am met to become an Evangelist - Teacher - Musician - Motivational Speaker. Even doe I have lots of dreams and desires which I have shared in this book this was the spiritual life path that Jesus Christ & God wanted me to do. I feel spiritual fulfilled and happy because I have

change spiritually and I have been helping other people and giving back for 10 years. Spiritual Change become the most important thing in helping other people and giving back. I believe if I didn't spiritually change

my life wouldn't be how it is today and I am not happy about my past mistakes but I am happy about the spiritual change I have experience.

## CHAPTER

Now that I have spiritual change and have been recreated in my soul and spirit, I believe Jesus Christ & God want me to contribute to millions and billions of people worldwide. I have a true desire for helping other people, music, evangelism, Motivational Speaking and I believe the spiritual change I experience comes from Meditation, Mindfulness, Prayer.

I believe when you confess your sins to Jesus Christ & God and make the choice to spiritually change and help other people then Jesus Christ & God will help you in your spiritual journey. I also knew from a young age that I will have spiritual talents and gifts for Music, Writing, Faith, Spirituality but I didn't understand how I would ever use the gifts I have been given.

Spiritual Change to me means freedom from the known and Spiritual Freedom. Because I have change spiritually, I realize that my passion, life purpose, spiritual path has completely changed into helping other people.

In my past I wasted lots of time dealing with negative life experiences and mental health difficulties but somehow all of my life experiences

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have helped me to spiritually change and help other people.

To be very honest I was not thinking of become an Evangelist or Teacher because I had a passion in music, arts, positivity, creativity. I believe Jesus Christ & God put the desire in my heart to win souls and help other people.

My work and my spiritual calling are all about helping other people and give back.

I have the ability to make a difference in people lives wherever I go and my spiritual faith keep me motivated and driven to help other people and give back.

I can never change my past life experiences but I can change the future and promote Spiritual Change and Spirituality.

I am more of a Spiritual person then religious person even doe I am a Christian and believe in Jesus Christ & God.

I believe when I did meditation – mindfulness – prayer my life slow and gradually change into Spirituality and Truth.

Spiritual change is Spiritual Truth and now I understand all the hardships, disappointments, struggles, challenges I have been through has all lead to this life purpose of me helping other people and giving back.

I love my career in mental health industry, I



love my work. I love my walk with Jesus Christ & God and I appreciate all the things I have.

I remember when I was homeless that one day I would get out of that situation and make a significance difference into people lives.

I truly believe that Spiritual Change is the most important thing and when you Spiritual Change Jesus Christ & God will set you free and you will live Spiritual Truth.

Change is Now - The Future Is Now

I would recommend to the reader to find ways to Spiritually change and help other people in what they are going through.

**Your life changes when you decided to change**

- Spiritual Change means Spiritually Helping Other People Today (Now)

CHRISTOPHER LIAM ROSE

## CHRISTOPHER LIAM ROSE

### Christopher Liam Rose Books

- 1) Christopher Liam Rose Life Story (Part 1)
- 2) Be What You Want to Be
- 3) The 15 Successful Habits
- 4) Selfless
- 5) Anointing
- 6) Life Purpose
- 7) Helping Other People
- 8) Giving Without Receiving
- 9) Fulfillment
- 10) Learn
- 11) It Is Not the Problems That Make You Who  
You Are, It Is the Person You Become  
That Make You Who You Are
- 12) The Evangelism Ministry
- 13) Learning Is a Part of Living
- 14) The Self Is the Problem
- 15) I Don't Want
- 16) No Self
- 17) Miracles
- 18) Christopher Liam Rose Journal 2015 – 2016
- 19) (Living With Jesus Christ & God) -  
Christopher Liam Rose Journal 2016 -  
2017
- 20) Losing, Sacrificing, Suffering

- 21) Observation
- 22) Christopher Liam Rose Testimony
- 23) SGR BOOKS – Christopher Liam  
Rose Music Discography
- 24) Christopher Liam Rose Journal 2018 -2019
- 25) Christopher Liam Rose Life Story (Part 2)
- 26) Christopher Liam Rose Life Story  
(Biography)
- 27) Imperfection To Perfection (Repentation)
- 28) Christopher Liam Rose Journal 2019
- 29) SGR BOOKS – Christopher Liam  
Rose Music Discography  
(Instrumentals)
- 30) Losing Is Inevitable
- 31) Christopher Liam Rose Life Story (Part 3)

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Twitter - <https://x.com/ChrisRose091188>

Instagram -

<https://www.instagram.com/christopherliamrose/?hl=end>

LinkedIn

n -

<https://www.linkedin.com/in/christopherliamrose/>

Pinterest -

<https://www.pinterest.co.uk/christopherliamrose/>

Podcast Website -

<https://christopherliamroseministriespodcast.buzzsprout.com/>

Follow Christopher Liam Rose Music on social media Spotify -

<https://open.spotify.com/artist/4DCTGknEGFnjM7IJNlj>

[ODN?si=UOZ57GmdQki4hZ-xFdlSdg](https://open.spotify.com/album/5ODN?si=UOZ57GmdQki4hZ-xFdlSdg)

Apple Music -

<https://music.apple.com/us/artist/christopher-liam-rose/1561501380>

Amazon Music -

[https://music.amazon.co.uk/artists/B091NQRNNS/chris\\_topher-liam-rose](https://music.amazon.co.uk/artists/B091NQRNNS/chris_topher-liam-rose)

**C H R I S T O P H E R L I A M R O S E**

Soundcloud -

<https://soundcloud.com/christopherliamros>

e Soundclick -

<https://www.soundclick.com/christopherliamrose>

ReverbNation -

<https://www.reverbnation.com/christopherliamrose>



# **CHRISTOPHER ROSE**

# **LIFE STORY**

**My Life Is Like A Story**

**(Part 2)**



# Christopher Rose Life Story (Part 2)

My Life Is Like a Story

By Christopher Liam Rose

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## **Acknowledgements**

I am writing this book to explain my Life Story with the world and inspire people to help other people and giving back. My Life Story has true life experiences that I have been through in my life which is very deep and insightful. I want people to understand that you can go through serious life experiences and become the person you want to be through Jesus Christ & God & developing your faith.

---

This book is the Sequel book to my first book called Christopher Rose Life Story (Part 1). The reason why I want to write Christopher Rose Life Story (Part 2) is because I want the world to see how I have progress in my life and faith since I wrote my first book and where I am today within my life.

My life story has been very challenging and difficult for me, but I have learnt so much about myself and who I am as a human being.

I want to acknowledge the People who have helped me to become who I want to be in my life and who helped me to become a Spiritual person.

**Paul Dorrington** (Lead Employment Specialist) – Paul helped me to work within the mental health industry and taught me how to help other people & give back

**Karen Meechan** (Clinical Psychologist) – Karen helped me to overcome my past & mental health difficulties through Counselling Therapy and taught me how to help other people and give back.

**Dag Heward Mills** (Evangelist, Pastor, Teacher) – Dag helped me to understand my faith and relationship with Jesus Christ & God through church. I haven't met Dag Heward Mills in person yet, but I have read hundreds of books from Dag Heward Mills and watched hundreds of Sermons, Videos and listened to hundreds audio sermons & podcast from Dag

Heward Mills. Dag Heward Mills is the founder of Lighthouse Chapel International. I attend 1 of Dag Heward Mills church called Lighthouse Chapel International (Battersea Branch).

**Samaritans** – Samaritans helped me to deal with my low, challenging, difficult, hard days when I will call them over the phone and have long conversation to help me cope with my mental health difficulties and

anger problems.

**Jesus Christ & God** – Jesus Christ & God has helped me to develop my faith & Spiritual life and I am a born-again Christian who has devoted my whole life to Jesus Christ & God in the Christianity Faith. Jesus Christ & God is Lord.

I am so grateful from the help & support all these people have given to me in my life story and They are the real reason why I am able to write my Life Story (Part 2) book today. All these people have inspired me to live a Spiritual Life and Help other people.

## **Chapter 1 - Getting Tattoos**

When I was younger as a musician working in Starz Gang Rockstarz (SGR) Music Business. I wanted to get Tattoos to help me look more like a Music Artist and because I always wanted to have Tattoos. When I got Tattoos, I wasn't a Christian at the time because I was a young musician create music for SGR company. All the Tattoos that I have on my skins means something very important to me because it Tattoos which reflect my life and my younger lifestyle at the time.

These are my Tattoos.

**Face - Left Ear: Music Note** - I have a Tattoos of a Music Note on my Left Ear to show my passion for Music.

**Face - Right Ear - Cross** - I have a Tattoos of a Cross because I do believe in Jesus Christ & God but I was not living as a Christian at that time in my life, but the Cross of Jesus Christ is very important to me

**Neck - Left Side of Neck - Rose** - I have a Tattoos writing saying Rose because this is my family name and my family is important to me

**Neck - Right Side of Neck - Reckyz** - I have a Tattoos writing saying Reckyz because this is my Music Artist name before I changed it to my real name Christopher Liam Rose

**Arm - Left Arm - Life is What You Make It** - I have a Tattoos of writing saying Life is What You Make It because my mother use to say this to me when I was a young teenager and these words that my mother said to me has motivated my life to where it is today because I believe that Life is what you make it and you can become anything you want to be if you put in the work and help other people.

**Arm - Right Arm - Success and Happiness are my only goals** - I have a Tattoos of writing on saying Success and Happiness are my only



goals. This is important tattoos for me

## **CHRISTOPHER ROSE LIFE STORY**

because at that time when I was doing music as a musician all I ever wanted is to achieve Success & Happiness in my life and go for my dreams & desires.

Now that I am older and still have the Tattoos on my skins, I do have some regret from getting them do because I never knew in my future that I would have become a Born-Again Christian and live for Jesus Christ & God but when I was younger, I thought Tattoos would be cool but Now I regret getting them do because I have changed Spiritually into a Christian of Jesus Christ.

I am a very passionate Christian and now I want to honor Jesus Christ & God, but I cannot change the Tattoos on my skins because these are permanent Tattoos unless I get the Tattoos Removal.

## **Chapter 2 - Childhood Experiences**

In my Childhood I grew up in a Council Estates in Tooting called Rame Close, Church Lane where I lived with my mother, Twin Brother, Older Brother in a 3 Bedroom House. Growing up in Tooting was very difficult and challenging due to Gangs, Crime, Drugs, Violence within Tooting which causes lots of corruptions, anger, violence, greed in people lives. Most of my friends & neighbor was drug dealers and gang members who lived with Tooting, Rame Close in the Council Estates. Because of all the hardships and challenges I face growing up from Parents Divorce, Drug Overdose, Trying To Commit Suicide, Abortion of Children by Ex- Partner, Family Abuse, Friends Passing Away due to Gun & Knife Violence, Break Up Relationships with Women, Friends that Betrayed Me, Family Members Pass Away, The negative Lifestyle I was living as a Robber & Drug Dealer, This started to get to me mentally and I developed a Mental Health conditions of Psychosis & Depression due to having such a horrible Childhood with challenges and hardships. My Childhood was destroyed due to all the negative things I experience and having my mental health conditions of Psychosis & Depression. I also have development Anger & Resentment towards myself, family, friends due to all the things I have been through which has also been very negative and soul- destroying.

Tooting is my hometown, and all of the gang lifestyle was not the right lifestyle for me but I choose at the time to live that life because I didn't know anything else and plus because I lived in Council Estates in Rame Close, Church Lane. I can see how some of my negative past & challenging Childhood has helped me to become the person I am today because I suffered so much and went through so many life experiences at such a young age.

I do come from a lovely family but due to my Parents' Divorce this broke

my family - Brothers & Sister and we could not cope with our Parents breakup which has cause pain, hurt, suffering, misery for all of my brothers & sister which has affect our life in our Adulthood.

**CHRISTOPHER ROSE LIFE STORY**

I believe that Jesus Christ & God wanted me to learn things about myself when I was younger so I can be called to become an Evangelist, Teacher, Preacher of the Gospel of Jesus Christ & God.

There are many regrets have from my Childhood which has cause Anger, Frustrations, Pain Suffering, hurt in my Adulthood but I cannot change the things that happen in the past and I have to live with it which has become very difficult to live with.

Jesus Christ & God have shown me that my life experiences in my Childhood would become my Testimony in my Adulthood and all the life experiences I have gone through can be used to Help other people & give back.

Just because I have regrets about my past, I am grateful for the life lessons I have learnt from Tooting, Rame Close, Church Lane and how it has shaped my character & personality today. Due to being involved in Gangs, Crime Violence I know now that I never want to live that lifestyle ever again and now in my life, I am focus on doing the Lord work of Ministries & Evangelism for Jesus Christ & God. There is something about going through serious suffering, hurt, pain that make you become a true inspiration and spiritual person.

Now that I look back of all the years, I suffered deeply with mental health problems and my mental health conditions this was the main core and the main thing that helped me to work within the Mental Health Industry today because I know how much I have suffered due to living the Gang Lifestyle and going through challenges & hardships.

I am very devoted in changing Humanity, Animals, Universe for the better through my Christopher Liam Rose Ministries and the work I do in Helping Other People. All of my life experience has led me to help other people and give back in my life.

I realize that Jesus Christ & God wanted me to Help Other People & Give

back due to all of the life experiences I went through in Tooting, Rame Close, Church Lane.

My Suffering is the main reason why I am doing the work of Ministries and have become an Evangelist – Teacher in the Christianity Faith.

I want you to understand that I am not a perfect person with Tattoos & Long Hair and I have made serious mistakes which has destroyed me mentally, emotionally, spiritually, physically, but if Jesus Christ & God can use all the pain & suffering, I have experience to help other people then it shows that Jesus Christ & God can do lots of Miracles for people & Christian who believe in Jesus Christ & God.

It not your problems that make you who you are, It's the person you become that make you who you are.

My Nan has been a devoted Christian for many years, and she use to take me to church & read the bible when I was younger but due to my life experiences, I started to develop my own relationships with Jesus Christ & God.

My Nan is one of the main reasons why I became a Christian and started to live my life for Jesus Christ and God.

### **Chapter 3 - Senior Recovery Worker at Hestia**

When I was working for Look Ahead has a Mental Health Recovery Worker, I got a Dismissal due to bad work performance and had to leave that job. This was very painful, but my Manager Brigita did offer me a Bank Support Worker position with Look Ahead where I would work Bank Shifts in the Mental Health Recovery House supporting and helping clients with mental health. I did accept this Bank Support Worker role but I was very anger and upset with Look Ahead Management for their Dismissal as I worked very hard for months trying to maintain my job as Mental Health Recovery Worker and I really did enjoy my roles. Of course, being on a Bank Shift Rota means I wouldn't get Bank Shifts every week due to the Nature of Bank Work but I would have to look on the Look Ahead Portal to

see when they had Bank Shifts which I did do some. I was a Bank Support Worker from July 24th, 2019 - May 10<sup>th</sup> 2022. I did not do Bank Shifts through all of that time due to other Work Commitment, but I



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was a Bank Support Worker during those times and I choose when I wanted to work Banks Shifts.

Due to losing my Employment as a Mental Health Recovery Worker in Look Ahead I decided I need to start looking for new employment and find a Job where I would be valued and respect within the Organization. I always had a deep passion to help other people due to my life experience and things I went through. This passion for helping other people was the thing that was motivating me to keep looking for employment & jobs within mental health. Working in mental health has been my life vocation and I was not going to give up just because I loss a job with an organization that didn't value my work and the way I helped other people. I started to look for mental health jobs on [www.indeed.com](http://www.indeed.com) and I always had a desire to work for the Hestia. I heard lots of positive things about the Hestia and I wanted to find a job with Hestia. I found a Full-Time role as a Senior Recovery Worker with Hestia within Wandsworth which was great for me because I lived in Battersea South West London and this role would be closer for me to get to and commute to work. I apply for the Senior Recovery Worker role and submit the Job Application on Hestia Careers Website.

After a few days I received an email that I had a Job Interview with Hestia for the Senior Recovery Worker with Hestia which I was very happy about because I really wanted the role. I had a Job Interview with the Management in Hestia for the Wandsworth Team, and I just showed my passion for helping other people and my years of mental health experience which I have worked throughout the years. The management in Hestia was very impressed by my personality and character and said you have done really well within the Job Interview, and we will be in contact within a few days' time to let you know if you were successful or not.

I remember feeling positive because I know I answered all the questions

in the Job Interview to the best of my abilities. I believe truly that I did effort to get the job as a Senior Recovery Worker. Sometimes when I have Job interviews, I get an intuition that it went well or not.

I got an email for Hestia management saying “You Got the Job as Senior Recovery Worker and you will be working in the Wandsworth Team”. I was so happy and excited that I got the

job as a Senior Recovery Worker with Hestia because it was a dream that I had to work within the Hestia Organization.

I worked as a Senior Recovery Worker - Hestia - from September 18th, 2019 - May 21st 2020. My first day working as a Senior Recovery Worker I met my manager Suzana Stoyanova (Team Leader) and she showed me around the Wandsworth Team & the Recovery Homes I would be working in. I was very excited about this new Job and was very excited to start working with the clients. Suzana showed me around the Recovery Homes that I would be working in within Wandsworth.

I had a caseload of 12 - 15 clients which I had to support within the Recovery Homes in Wandsworth. All the clients had mental health difficulties and severe mental health

conditions. As a Senior Recovery Worker my role was to make sure that clients got the right mental health recovery support and treatment for their mental health conditions. This role was a first Senior role, and I was responsible for the 12 - 15 clients mental health treatment & mental health recovery. As a Senior Recovery Worker, I was also responsible for looking after the Recovery Homes for the clients which means managing all of the repairs and maintenance within Recovery Homes. Being a Senior Recovery Worker was a very stressful work because all the clients had very severe mental health conditions which means clients was struggling to cope with their mental health conditions. As Senior Recovery Worker I was also responsible for giving clients their medications every morning, afternoon, evening.

The Work shifts as a Senior Recovery Worker was from 08.30 - 15.30 or 14.30 - 22.30. All the Senior Recovery Worker was met to work both morning shifts, afternoon shifts, evening shifts. Sometimes as a Senior Recovery Worker I found the work very stressful and challenge due to the Nature of travelling to Recovery Homes and looking after vulnerable people. This role really drained my energy, and you had lots of responsible due to being a Senior Recovery Worker. As I was working as a Senior Recovery Worker a lot of mistakes was being made by Hestia Management and there was not much Leadership from Hestia Management when it comes to training staff on the frontline working with clients. I realize during 3 - 4 months of working with Hestia as a Senior Recovery Worker I may need to start looking for new employment due to the poor management and lack of leadership within Hestia Management.

Working as a Senior Recovery Worker was rewarding but I realize the pressure and stress of the work was a bit too much and I need to find a new job which was more suitable.

As a Senior Recovery Worker, I worked with clients and did Mental Health

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Recovery Sessions where I would support a client in looking at coping strategies and ways, they can improve their lifestyle and living within Hestia. Most of the clients the Recovery Home was very mentally depressed and didn't have coping strategies to help themselves with their mental health conditions. As a Senior Recovery Worker, I realize I need to provide lots of mental

health recovery support to the clients because they were very vulnerable and mentally depressed. Sometimes within the role I would feel sad for the clients because they were very isolated and didn't see friends or family often. Most of the clients within the Recovery homes stay in their rooms for most of the day and only went out when they needed to smoke or get some food. As a Senior Recovery Worker, you had to have lots of patience and resilience to support these clients within the Recovery Homes due to the vulnerability of the clients with their mental health conditions. As a Senior Recovery Worker, we used to have team meetings with the Wandsworth Team where we would discuss clients, Recovery Homes, Hestia. Sometimes within the Team Meeting staffs would get very emotional & upset due to the lack of Leadership & Management within Hestia and the Wandsworth Team. This was not good and as I would attend lots of Team Meetings, I realize that Staff was not happy with the way things were running within Hestia Management.

I did try my best to talk with my Manager Suzana about the lack of Leadership & management with Hestia and that the Wandsworth Team needs more guidance from Hestia Management but nothing happening, and the Mental Health Recovery Services started to get worse and worse.

As a Senior Recovery Worker, I would also have Monthly Meetings with clients in Recovery Homes to update clients on the recent changes, Health & Safety, Fire Safety within Hestia. These Monthly meetings were very important for the clients because they need to know what is happening with their mental health recovery care and treatment.

Working as a Senior Recovery Worker was hard work and I started to feel burnt out and drained due to the intensity of the workload and the travelling to different Recovery Homes. I realize that the Wandsworth Team was really struggling with the pressure of caseloads and Recovery Homes. As a Senior Recovery Worker there was lots of work, we were responsible for

and because there was lack of Leadership & Management within Hestia Wandsworth Team the work got more and more intensive and harder.





## **Chapter 4 - Getting My Honda Vision 110cc Motorbike**

Working as a Senior Recovery Worker was starting to get overwhelming and the travelling the different Recovery Homes was started to become very tiring and stressful. I realize that I want to buy a Motorbike to help me with travels & commute to work and in my personal life. I went to Ahsan Scooters Streatham to look for a new Motorbike to purchase and they had lots of Motorbike within the shop, so it was hard to choose which motorbike I wanted. The staff showed me a Second-hand Honda Vision 110cc Motorbike which looked very clean and work working properly. The staff said there has only been 1 another owner that has use this Motorbike. The Honda Vision 110cc Motorbike was made within 2017 and was a newer model of the Honda Vision. I realize that this was the Motorbike for me, and I was very excited about getting it. I had lots of money which I saved up to buy this Motorbike and I said to the staff that I would like to purchase the Honda Vision 110cc Motorbike today.

Staff said OK you can purchase the Motorbike today but it will cost £1900.00. I said that over my budget can we negotiate a price which is around £1500,00. The staff said No because this Motorbike is high in demanded. I said what is the lowest price your prepared to go to and we can make the deal today. I said to them that I would also buy helmets, groves, motorbike lock, for the Motorbike because I really need this equipment. Staff said Ok we can go to

£1600,00 and you can buy Motorbike Equipment. I said OK we got a deal and I paid for the Second-hand Honda Vision 110cc Motorbike directly from Ahsan Scooters Streatham on 22/02/2020.

While I was at the Motorbike shop, I asked staff to sort out my Insurance, Road Taxes, Mot for my new Honda Vision 110cc Motorbike. The staff

sorted out all of my insurance, Road Taxes, Mot at the shop and I was ready to ride my Motorbike. I also purchase all the Motorbike Equipment & Gear for around £200.00 which was great because I got a new helmet, groves, motorbike lock, motorbike chain for my new Motorbike. I asked the staff if

there was a place where I can add storage to my motorbike so I can carry things like Food Shopping & Rucksacks on my motorbike. The staff said yes there is a Motorbike Garages called Brixton Motorbikes who can add storage box to your Motorbike. I said that you so much for helping me and now I am ready to ride.

I ride my Motorbike for the first time from Streatham to Battersea on the main roads and this was amazing experience I felt so happy that I purchase a new Motorbike. This was the Second Motorbike I ever had within my life, and I had experience of riding motorbikes because I had a Motorbike when I was a Teenager.

Once I had my Motorbike and locked it up outside my flat in Battersea. I was so happy now that I can travel on my new Motorbike to Work & different Places,

Before I was able to get my motorbike from Ahsan Scooters Streatham. I had to do my CBT Motorbike Training and Get a Provisional Driving License. I did my CBT Training with Advantage Wimbledon Motorcycle Training in Wimbledon on 20/02/2020 and I had to do the Theory Learning of Riding a Motorbike, Highway Code, Practical Motorbike Lessons of Riding a Motorbike in a Training Park and then we do the CBT Motorbike Practical Riding Test where I and Motorbike Instructor went on the main Road in Southwest London and I did my Practical CBT Riding Test. I passed my CBT Motorbike Training Test and got a CBT Certificate which gives me 2 years where I can ride my Motorbike on the Roads with a Provisional Driving License. I passed my CBT when I was 31 Years Old in 20/02/2020.

I went to Brixton Motorbikes in Brixton to get a Storage box & Mobile Phone Holder on my Motorbike. I spoke to the Motorbike Mechanist and said to them how much would it cost to purchase a Storage box for my new Motorbike. The Motorbike Mechanist said it would cost £50,00 Plus Labor. So, I said to the Motorbike Mechanist ok I will purchase

the Storage box & Mobile Phone Holder for my Motorbike. The Motorbike Mechanist started to work on installing the Storage Box & Mobile Phone Holder on my Motorbike. Once the Motorbike

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Mechanist was finished, I ride my Motorbike from Brixton to Battersea with a new Storage Box & Mobile Phone Holder. I was very happy that I had a new Storage Box & Mobile Phone Holder on my Motorbike.

Now that I had a new Motorbike, I would ride the Motorbike to Hestia Recovery Homes and lock up the Motorbike outside of the Recovery Homes in the Parking Area. The Motorbike make my work easier to manage because I was able to ride to different Recovery Home and get to places much quicker on my Motorbike. I would use my new Motorbike to help clients by getting Medication from different Pharmacy within Wandsworth and delivery the medication to clients in Recovery Homes. I would help my Wandsworth Team with different delivery duties on my Motorbike which was important for support the clients. The Motorbike help me to do my work as a Senior Recovery Worker more effectively, but I still needed to find a new job due to the lack of management & leadership within Hestia Management.

## **Chapter 5 - Peer Support Worker At (SWLSTG) (NHS)**

As I was working as a Senior Recovery Worker at Hestia, I started to do Job Searching and looking for a new job. I always wanted to go back to the NHS and build my career within the NHS as this is where I saw myself in the future when it comes to mental health work. I started to look for jobs on [www.indeed.com](http://www.indeed.com) and [www.nhsjobs.com](http://www.nhsjobs.com) for Job Opportunity. Because I was so disrupted to leave my Senior Recovery Worker role with Hestia, I was looking for any jobs within the NHS where I can build up my career in mental health. I found a Job Opportunity to work for SWLSTG (NHS) as a Peer Support Worker (Part Time) 16 – 20 hours per week in Richmond Home Treatment Team. I said to myself this is a great Job Opportunity to work for the NHS and work for an NHS Trust which I have so much respect for. So, I apply for the Peer Support Worker Role and completed the Job Application on [www.nhsjobs.com](http://www.nhsjobs.com).

I was happy that I apply for the Peer Support Worker role in SWLSTG (NHS), and I was really looking forward to maybe getting a Job Interview with Richmond Home Treatment Team. I was still working as a Senior Recovery Worker in Hestia as I was applying for new job opportunities. I didn't tell Hestia Management or my manager Suzanna that I wanted to leave my current role as a Senior Recovery Worker, but I was really hoping I get this job and move on within my career in Mental Health.

A few weeks went by and I check my emails I received an email for Polly Grogan (Team Manager) in Richmond Home Treatment Team saying that you have a Job Interview and we would like to meet you. I was so happy and excited because this was a great Job Opportunity, and I really wanted this job.

I had to go to Springfield Hospital and have a Job Interview with Polly

Grogan & two Senior NHS Managers. In the Job Interview I showed my passion for Mental Health Work and my Passion for Peer Support. I also explained my previous experience working as a Peer Support Worker for CNWL and explained my Mental Health Journey with SWLSTG due to meeting

Paul Dorrington & Karen Meechan in Springfield Hospital in 2014 when I was last sectioned in Hospital for Homelessness & Mental Health Crisis. Polly Grogan and the Senior Management was very impressed by my personality & character and my life story of mental health difficulties. Polly Grogan asked me in the Job Interview which location did you want to work in we have 2 locations for the Peer Support Worker roles 1) Springfield Hospital, 2) Queen Mary Hospital. I said I can work in any location, but I would love to work in Springfield Hospital due to my life story and history I have with Springfield Hospital. Polly Grogan asked me if you have a Motorbike or Car because you will be travelling to clients' homes. I said to Polly Grogan that I have a new Motorbike Honda Vision 110cc which I can use to travel to client homes. Polly Grogan and the Senior Management said you have done very well in this Job Interview, and we will be in touch in the next few days to let you know if you were successful or not.

I felt like I did super great in this Job Interview, and I was sure & positive that I was going to get the Job. I was still working as a Senior Recovery Worker in Hestia Wandsworth Team, and I told some of the Wandsworth Team that I had a Job Interview with the NHS for a Part Time Peer Support Worker role with SWLSTG (NHS). My colleague was happy for me because they all understood that nothing of us is happy working in Hestia due to the lack of Management & Leadership.

A few days went by, and I received an email from Polly Grogan saying Thank you for coming to the Job Interview we would like to tell you Congratulations you got the Job as a Peer Support Worker in SWLSTG (NHS) Part Time 16 - 20 Hour Per Week Well Done.

I was super happy and said to myself Jesus Christ & God has provided me this Job Opportunity and my dream to work within the NHS again is about to come true. This was the news I was waiting for, and I couldn't wait to let my Wandsworth Team know in Hestia that I am leaving my Senior



Recovery Worker role to join the NHS (SWLSTG).

I first told my manager Suzanna that I am going to be leave Hestia and going to work for the NHS as a Peer Support Worker in SWLSTG (NHS) for Richmond Home Treatment Team.

Suzanna was very shocked but happy that I got a new job, and I was building my career within Mental Health. I then told the whole Wandsworth Team and Hestia Management that I got a new Job and I will be leaving my role as a Senior Recovery Worker and the Wandsworth Team was very happy for me and said congratulations.

On May 21st 2020 I finally left Hestia as a Senior Recovery Worker after working for Hestia for around 9 Months. I told all the 12 - 15 clients goodbye it has been great working with you and wish you the very best in your mental health recovery. I said goodbye to all the Wandsworth Team and said thank you so much for giving me the opportunity to work with you it has been great and I have enjoy working with a hard-working team. I said goodbye to Hestia Management and said thank you for everything and give me this opportunity to work for Hestia it has been great.

I was so happy that I was leaving Hestia and moving into the NHS which was the organization I always wanted to work for and be a part of.

I started my work as a Peer Support Worker (SWLSTG) (NHS) on 2nd June 2020 - 28th January 2021 within the Richmond Home Treatment Team. I ride my motorbike to Queen Mary Hospital and lock up my Motorbike in the Parking Area. On my first day as a Peer Support Worker for Richmond Home Treatment Team Polly Grogan introduce me to the Richmond Home Treatment Team. The teams had lots of staff within in from Occupational Therapists, Doctors, Consultants, Peer Support Workers, Recovery Support Workers, Nurses, Community Practitioner Nurse (CPN), Team Manager, Psychologist, Psychiatrist.

I was very happy that now I was working within the NHS again in SWLSTG as a Peer Support Worker. Polly Grogan explained to me what I would be doing in my role as a Peer Support Worker within (SWLSTG) Richmond Home Treatment Team. Polly Grogan that your role is to really share your lived experience of mental health with clients and provide Peer Support for client's mental health difficulties. Polly Grogan said I would need to

support clients on their mental health recovery journey, and you will be working Part Time as a Peer Support Worker

09.00 – 17.00 on Monday, Tuesday, Thursday for 16 – 20 hours. This was great because I had

days off in this role which I could use to really look after myself by sharing my lived experience of mental health. I said to Polly Grogan thank you so much for giving me this job opportunity and yes, I will provide great Peer Support to the clients.

Because I had experience of being a Peer Support Worker before in CNWL I already knew a lot about providing Peer Support within Mental Health Services in the NHS. I realize my previous work experience of being a Peer Support Worker will really help to do this role effectively.

Polly Grogan showed me all around Queen Mary Hospital so I was familiar with the hospital and Richmond Home Treatment Team.

During the next few weeks, I started to work with clients as a Peer Support Worker within Richmond Home Treatment Team. What I had to do as a Peer Support Worker was share my lived experience on mental health in a professional way to clients who was experience mental health difficulties, I had to help clients with doing Universal Credit & Benefits Forms, I had to help clients within their mental health recovery, I had to signpost & referral clients to different Mental Health Services, I had to engage clients with Richmond Home

Treatment Team and get clients extra support from Occupational Therapist, CPN, Recovery Support Workers, Employment Specialist, Doctors, Consultants, Psychologist, Psychiatrist.

I would have to travel to clients' homes on my motorbike within Richmond, Twickenham, Putney, Wandsworth, Roehampton areas. It was very great to be a Peer Support Worker again within the NHS (SWLSTG) and I really did enjoy inspiring clients with my mental health story and how I became a Peer Support Worker.

As a Peer Support Worker (Part Time) in SWLSTG (NHS) Richmond Home Treatment Team

I had a caseload of 5 – 10 clients because I was only working part time 16 – 20 hours per week, 3 days a week. This caseload was very manageable

due to be used to working with a full caseload of 15 - 20 clients in Full Time Roles.

As a Peer Support Worker, I had to write Progress Notes once I finished my Peer Support Sessions with clients which I would write in great detail due to making sure all the correct

information was on client records & files. As a Peer Support Worker, we use the RIO system which is one of the most globalize database & Mental Health Systems in UK. I was used to using the Rio System due to working in the NHS before and working in other organization which used Rio System.

As a Peer Support Worker, I would have to do Dialog Scale Assessment which basically find out information about the clients in where they were within their mental health. The Dialog Scale would be used on my first meetings of Peer Support Sessions with clients and when I finished working with clients in Peer Support, we would do another Dialog Scale Assessment to see how Peer Support helped the client in their mental health recovery.

As a Peer Support Worker, I would need to attend MDT Meetings, Zoning Meeting, Peer Support Meeting, Supervisions, Team Meetings. This was very important with the role because this was the way to find out more information about the clients on Richmond Home Treatment Team caseload and when the team would be together working through the caseload.

Working as a Peer Support Worker was very rewarding, and I felt like I was making a massive difference in people lives which was very fulfilling for me due to working in mental health for so many years. I realize that Peer Support is an important way to help clients in their mental health recovery.

As a Peer Support Worker, the Peer Support Session with clients was very important for me and the clients and I realize my skills, knowledge, experience, abilities were growing in this role and I became a very good listening and provide excellent Peer Support.

Sometimes in my role I would do join Home Visits with Nurses, OT, CPN, Doctors, Peer Support Workers, Recovery Support Workers to help a client

within their home and provide excellent mental health support.

Some of the clients had very serious mental health conditions and was really struggling with the mental health conditions. Some clients were living in very poor living environment and going through serious life challenges.

I realize to be an effective Peer Support Worker you need to be very empathic and compassionate towards your clients and try your best to understand their mental health difficulties in a non-judgmental way. This was very important insight I learn as a Peer Support Worker which really helped me to provide effective Peer Support to clients.

I would have Supervision with a Nurses within Richmond Home Treatment Team once a month which was very useful & helpful to me because it gave me the space to talk about my feelings & emotions and how I was doing within my caseload as a Peer Support Worker.

Being a Peer Support Worker is very important work and I really valued the importance of Peer Support within the NHS (SWLSTG).

Working as a Peer Support Worker was helping me to find my life work within Mental Health Services and I realize how much I loved being a Peer Support Worker within the NHS (SWLSTG).

The Peer Support Sessions are given to clients was Life-Changing Mental Health Innervations & Mental Health Support which I really appreciated and valued. Working with the clients with mental health difficulties and providing Peer Support became an inspiring Vocation & Career for me within Mental Health and I was sure I was doing the right thing and working towards a positive career path,

Richmond Home Treatment team was a great team to be a part of with really great NHS Staffs who really care for the clients and worked very hard to maintain an effective NHS mental health services.

I realize as a Peer Support Worker Part Time that I may need to look for a Second Job to help me with my finance. Because I was only earning a Part Time Salary as a Peer Support Worker, I realize it would be helpful to look for a Second Job and still work as a Peer Support Worker for 3 days in Richmond Home Treatment Team.

I realize that I wanted to work within the NHS and work a Second Job to



gain more income due to my Part Time role as a Peer Support Worker.

I started to do some Job Searching and I would apply to jobs which was part time or bank roles on [www.indeed.com](http://www.indeed.com). I found a good Job Opportunity as a Bank Support Worker in Beecholme Adult Care which was providing Bank Shifts. I apply to this Job Vacancy because this was a perfect role for me to work Bank Shifts as a Bank Support Worker and I already had Support Worker work experience as I have been a Support Worker two times within my career in Reamcare & Care Management Group.

I didn't tell my management in Richmond Home Treatment Team that I applied to Bank roles because I didn't want them to think that I was leaving my role as a Peer Support Worker.

I did a lot of Job Searching and keep on applying to any Support Worker roles on [www.indeed.com](http://www.indeed.com) which was part time or bank roles.

After a few weeks of applying to jobs in Mental Health I received an email for Service Manager Beata Kozlowska from Beecholme Adult Care saying that they want to invite me for a Job Interview for the Bank Support Worker role in Beecholme Adult Care. I was very happy about this because I knew this would be a good Job Opportunity to work Part Time on Bank Shifts.

I had a Job Interview on 10/06/2020 with Beata Kozlowska (Service Manager) at Beecholme Adult Care and I was very passionate and answers all the Job Interview Questions to the best of my abilities. Beata explained about the Bank Support Worker role and the Beecholme Adult Care Organization in the Job Interview. I remember that I showed my passion for mental health and explained my work experience in Peer Support, Mental Health Recover, Support Work. I made sure in the Job Interview that I gave it my all and I really was very interested in this role. Beata said to me you have done very well in this Job Interview and we will be in contact in the next few days to let you know if you been successful or not.

After the Job Interview, I felt like I did effort to get the job and my intuitions was feeling like I did something right in the Job Interview.

As a Peer Support Worker, I continue to work in my roles support & helping clients with mental health difficulties.

A few days went by and I received an email from Beata saying you have got the Job as a Bank Support Worker and you will be working on a Bank Contract on Rota Based. I was so happy that I got this role and I was grateful that I would be working in a new organization and earning more income. Because I got this role, I now had 2 Jobs 1) Peer Support Worker at SWLSTG (NHS) 2) Bank Support Worker at Beecholme Adult Care.

I was very happy that I had 2 Jobs but I knew I have to really focus on my main role as a Peer Support Worker in SWLSTG (NHS) because this was the organization where I wanted to build my career in Mental Health. Working a 2 job as a Bank Support Worker in Beecholme Adult Care was just to get more work experience and earn a Second Income.

## **Chapter 6 - Bank Support Worker at Beecholme Adult Care**

I started to work in Beecholme Adult Care as a Bank Support Worker from 08th July 2020 – 19th September 2020. My first day in Beecholme Adult Care I was showed around the house from Beata (Service Manager) and colleague. Beata told me about the clock in & clock out system they use in Beecholme Adult Care to login in information that you attend your Shifts which had to be done at the beginning of shift and end of shift. I ride my motorbike to Beecholme Adult Care and Lock up my motorbike in Beecholme Adult Care Parking Area.

Beata explained to me what my Job Duties & Job Description is for the Bank Support Worker role. Beata explained that you can choose when you want to work because you're on a Bank Contract and you can do as many Bank Shifts as you want but they must be available first before you can book yourself on the Bank Shifts. Beata showed me the Beecholme Adult Care team and the colleagues I would be working with. Beata explained that there is always 2 staff members on shifts at all times and manager on shift within the Beecholme Adult Care Home. I was really understanding that this role is much different from the roles I have done before and there was some responsibility for staff to look after clients. Beata showed me the clients you will be working with this home was only Men and no women due to the nature of the home. Beata said that Beecholme Adult Care has different homes all over London (UK) they have only Women Homes and Men & Women Homes.

Once I got all the information from Beata & colleague, I was ready to work my first shift at Beecholme Adult Care.

As a Bank Support Worker my role was to give clients medication, cooked Breakfast, Lunch, Dinner for clients, provide mental health recovery

## CHRISTOPHER

support for clients, do all of the home maintenance checks throughout the shifts, make sure that I order Food Shopping for homes so staffs can cook meals, have regular supervision with Beata once a month, write notes for clients throughout the shift on what they were doing.

As a Bank Support Worker, I had a caseload of 6 – 10 clients who was living in the Beecholme Adult Care home. I had to make sure that the clients were receiving the best care & support for their mental health difficulties & learning difficulties.

As a Bank Support Worker, I would need to attend regular Team Meeting and also do Check In to updated staffs on what happened within the Shifts.

I would work as a Bank Support Worker from 07.30 – 14.30 or 14.30 – 22.30 (Morning & Evening Shifts).

As a Bank Support Worker, I would be working with my colleague throughout the shifts to make sure the work was getting done with clients and also within the homes.

Working as a Bank Support Worker was a very rewarding role, and it was so fulfilling when you support a client in their mental health recovery. As a Bank Support Worker, I would have to meet clients and do mental health recovery sessions to find out what support & help clients needs from staffs, management, Beecholme Adult Care and to also find out how the clients is doing mentally.

Being a Bank Support Worker was a very good learning experience and I learn things about myself and my team.

Now that I was working in Beecholme Adult Care & SWLSTG (NHS) 2 Jobs. On Monday, Tuesday, Thursday I worked as a Peer Support Worker in Richmond Home Treatment Team and On Wednesday, Friday, Saturday, Sundays I worked as a Bank Support Worker at Beecholme Adult Care.

I enjoyed working 2 jobs, but I was struggling with my own mental health difficulties due to Past Trauma and mental health conditions. Within the 2 jobs my anger was starting to affect my mental health & well-being and I was finding things difficult.

I told my manager Polly Grogan (Team Manager) in Richmond Home

**CHRISTOPHER**

Treatment Team about my mental health journey and that I need some Counselling Therapy to deal with my past Trauma.



I started to get Counselling Therapy from Karen Meechan (Clinical Psychologist) again from the NHS because I was referred to Karen for Anger Management & Counselling Therapy.

I was still working the 2 jobs, but I was having Anger Management & Counselling Therapy from Karen Meechan.

I would see Karen Meechan 1 a week through MS Teams where we would have in-depth Anger Management & Counselling Therapy. Karen said that I have knew you for a long time now Christopher and you need to find coping strategies to deal with your Anger & Frustration.

I worked with Karen Meechan in 2014 - 2015 for my mental health & trauma where Karen helped me though Counselling & Psychology Therapy.

I told Karen that I have so much anger towards my past with losing all my home and possessions in the fire on 30/09/2014, break up relationship with ex partners, abortion of children, Family Problems, Family Abuse Problems, Grandfather pass away, Mother having breast cancer. I told Karen all this pain was really destroying my life and making me anger.

Karen told me some tips & techniques I can use to make myself feel more calmer when I am anger and frustrated.

- Breathing Techniques
- Looking at an Objects
- Mindfulness
- Mindfulness Walks
- Connecting with Nature
- Journalling
- Calling the Samaritans Volunteers
- Sitting stilling & being quiet

## **CHRISTOPHER**

- Observing your Thoughts & not reactions

- Letting the Anger comes and pass through your Mind & Body
- Exercising at the Gym
- Exercising at Home
- Relaxation

I have always learnt so much when I meet with Karen Meechan because she has taught me skills, techniques, coping strategies to deal with my mental health problems, anger, frustration. I told Karen one of the main things that also upset me and make me feel so anger is that most people are not helping other people or giving back. Karen said you are only looking at one side of the coin for example your helping other people, I am helping other people, Paul Dorrington is helping other people and many people within the NHS is helping other people. Karen explained to me that I shouldn't focus on people who don't help other people, I should focus on the people that do help other people and build a sense of empathy & compassion for people who are struggling within their life. I said to Karen that I really care about people, and I really want to help other people but I do struggle with people who don't help other people. Karen taught me to stop thinking the Black & White thinking. Karen said you cannot control other people behavior within the world, but you do have control on what you do and what you believe & value. Karen explained to me that when I first met you when you were younger at Springfield Hospital and we had a Counselling & Psychology Session you were always thinking so negative about people & yourself. Karen explained to me that why I spend lots of time with you to show you a new perspective and way of viewing things. Karen explained that you're in control of your destiny and future and if you keep thinking about the past and the negative trauma that has happened to you - you wouldn't be able to move forward into what you really want. Karen showed me that I need to focus on my Future Dreams & Desires and work on my goals every day to

**CHRISTOPHER**

get me closer to what I want. Karen said that I should improve my social life and maybe find a good partner that I can spend quality time with in my life. Karen asked me in Counselling Therapy & Anger Management when have been the times in your life when you were completely happy. I said to Karen when

I was in a relationship with my ex-partner the one you know about before I experience losing my home & all of my possession in a fire. I said to Karen when I am creating things of meaning & values in the world. I said to Karen when I am helping other people & giving back. I said to Karen when I go to the gym and doing an intensive workout. I said to Karen when I spend time in nature, being alone by myself.

Karen said that you have lots of things that make you happy and joyful spend more time doing those things and you will feel more happier and be able to deal with your anger & frustration. Karen said that I should start talking more mindfulness walks in Battersea Park alone by myself and get InTouch with Nature and really appreciate nature & what God has created.

I was learning so much for Karen and she really helped me again to understand myself and what I wanted out of my life. I had 4 - 6 Counselling & Anger Management Sessions with Karen before the Therapy was finished. I told Karen Meechan how grateful I am for you & Paul Dorrington for helping me now and helping me when I was younger. Karen Meechan was so happy that I decide to have Counselling Therapy again with her and she said Thank You Christopher for choosing me to be your Clinical Psychologist please look after yourself and I hope are Counselling & Anger Management Therapy has helped you in your mental health recovery journey.

I felt much better after my Counselling & Anger Management Therapy with Karen Meechan, and I continue to work 2 jobs and I told my manager Polly Grogan that I have now finished my Counselling & Anger Management Therapy with Karen Meechan and I feel much better within myself and my mental health.

As I was working 2 jobs, I realize that I am ready to work a Full-Time role within the NHS. I loved working as a Peer Support Worker at SWLSTG (NHS) in Richmond Home Treatment Team, but I didn't enjoy the Bank

**CHRISTOPHER**

Support Worker role in Beecholme Adult Care due to pressures of the work and I didn't really like cooking for clients it was too stressful and too much hard work.

I told my CPN in Supervision in Richmond Home Treatment that I am thinking of leaving the role as a Peer Support Worker because I want to work Full Time within the NHS and not part time. The CPN in Supervision said you got to go for your dreams & desires and if you want to work Full Time in the NHS you need to start looking for Job Opportunities.

So, I made a decision to start looking for Full Time work within the NHS. I said to myself I don't mind where the NHS job is so long as I can work Full Time and do Peer Support Work.

Because I have been a Peer Support Worker 2 times within my career and I had lots of Peer Support Work experience and education, knowledge, training in Peer Support I realize I would love to be promoted into a Senior Peer Support Worker within the NHS. This was one of my dreams in my career and I really want to become a Senior Peer Support Worker.

I started to look for new job vacancies on [www.nhsjobs.com](http://www.nhsjobs.com) for Senior Peer Support Worker Jobs. I found a Senior Peer Support Worker role within West London NHS Trust in Feltham for Hounslow West Team. This was a great Job opportunity and I felt like this role would be perfect for me, so I applied to the Senior Peer Support Worker role on [www.nhsjobs.com](http://www.nhsjobs.com) and completed a Job Application.

I was thinking if I got this role, I would be so happy and fulfilled because it would mean a promotion and I will be a Senior Peer Support Worker working Full Time.

A few days later as I was still working in my 2 Jobs 1) Peer Support Worker at SWLSTG (NHS) at Richmond Home Treatment Team 2) Bank Support Worker at Beecholme Adult Care. I received an email from West London NHS Trust HR Management saying Congratulations on apply for the Job as a Senior Peer Support Worker you have been invited into a Job Interview with Charmaine Harris (Lead Peer Support) on 19/10/2020 at 11.00 at NHS

Offices.

I was very happy that I got the Job Interview for Senior Peer Support Worker, and this would be a great Job Opportunity if I was able to get this new role.

I didn't tell my manager or colleagues in my Peer Support Worker role and Bank Support Worker role that I was having a Job Interview with West London NHS Trust.



I remember really practicing telling my mental health story and asking myself Peer Support Questions that may come up on the Job Interview for the Senior Peer Support Worker Job Interview. I really wanted this role, so I made sure I had lots of examples of how I provide excellent Peer Support due to my previous roles I have done in Peer Support.

My focus was to get this Senior Peer Support Worker and working with the NHS (Full Time) to build my career in Mental Health Industry.

## **Chapter 7 - Senior Peer Support Worker at West London (NHS) Trust**

On the 19/10/2020 I went to go for my Job Interview for Senior Peer Support Worker with Charmaine Harris (Lead Peer Support) & Senior Management in NHS Offices. I was really happy & excited about attending this Job Interview and I was going to make sure I give my best in the Job Interview and answer the Job Interview Questions clearly and professionally.

In the Job Interview I answer all the Job Interview questions about Peer Support and why I felt like I would be great candidate to become a Senior Peer Support Worker. I shared my story of my mental health conditions and how I overcome my adversity & challenges to help other people in the mental health industry. I talked about my mental health careers and how all the mental health jobs have lead me to become hopefully a Senior Peer Support Worker. I explained that I am now ready for more responsibility and I really want to help clients with mental health conditions. I showed my passion for Peer Support & Mental Health and said to Charmaine Harris & Senior Management that if I did get this role as a Senior Peer Support Worker I would give 110% in everything that I do in the role and I am fully committed to help clients overcome mental health difficulties by providing excellent Peer Support, I talks about my previous work experience in Peer Support Worker role in CNWL (NHS) and my current role as Peer Support Worker in SWLSTG (NHS) in Richmond Home Treatment Team.

Charmaine Harris (Peer Support Lead) & Senior Management was very impressed by my character & personality and said they will be in contact in the next few days to let me know if you were successful or not. Charmaine Harris said you have got lots of work experience in Mental

Health & Peer Support and you have done very well in the interview.

I was so happy after the Job Interview and felt like I showed my best personality, character, Integrity & passion for Peer Support & Mental Health. My intuitions and feeling were telling me that I have done effort to get this job and that you answer the questions to the best of your skills & abilities.

As I was working as a Peer Support Worker in SWLSTG (NHS) in Richmond Home Treatment Team I was in a Zoning Meeting with the Richmond Home Treatment Team and my mobile phone was calling from Charmaine Harris (Peer Support Lead). At first, I was thinking why Charmaine Harris is calling me now and I was excited to hear how I did in the Job Interviews for Senior Peer Support Worker Role.

Charmaine Harris said I first want to thank you for attending the Job Interview for Senior Peer Support Worker role in West London NHS Trust. I want to say Congratulations “You

Got the Job as A Senior Peer Support Worker”. We were really impressed with you in the Job Interview and you showed so much passion for Peer Support and Mental Health Industry. We would like you to start working for West London NHS Trust within Hounslow West Team in the Cardinal Centre. I said to Charmaine Harris Thank You so much for giving me the Job as Senior Peer Support Worker this is really a dream come true and I am very grateful that you choose me to work for West London NHS Trust for Hounslow West Team.

After the telephone call with Charmaine Harris, I was so happy and I felt like another dream and desire has come true in my mental health careers. I remember the time when I received support & help from Senior Peer Support Worker in CNWL & SWLSTG.

This job was a dream come true and I was going to make sure I worked to the best of my skills & abilities within this new role plus it was the first NHS job I had working Full Time because 2 previous NHS Peer Support Worker roles I worked at was both Part Time Roles.

This was my opportunity to earn more income and to work in a Senior/Managerial position with my Mental Health Careers.

I continue to work in my 2 Jobs 1) Peer Support Worker at SWLSTG in Richmond Home Treatment Team 2) Bank Support Worker at Beecholme

Adult Care. As I was sorting out the paperwork & documentation for Senior Peer Support Worker role in West London NHS Trust. I decided to tell my manager Polly Grogan (Team Manager) that I was leaving my role as Peer Support Worker in SWLSTG (NHS) because I have been promoted to a Senior Peer Support Worker in West London NHS Trust. Polly Grogan said congratulations and well done, you will

be missed by the Richmond Home Treatment Team, but you deserved this massive promotion and you are a great Peer Support Worker. I said to Polly Grogan thank you so much for giving me this Job Opportunity to be a Peer Support Worker again within my mental health career because without this job I wouldn't be able to now become a Senior Peer Support Worker. I gave in my Resignation Letter to Polly Grogan, and I had a 1-month notice period to work within the NHS before I was able to official leave my role as Peer Support Worker.

Polly Grogan (Team Manager) asked me to tell the Richmond Home Treatment Team that you will be leaving your role as Peer Support Worker at SWLSTG (NHS).

After telling Polly Grogan that I would be leaving my role as Peer Support Worker, I build up the courage to tell Richmond Home Treatment Team that I am going to be leaving the team because I have been promoted to Senior Peer Support Worker in West London NHS Trust in Zoning Meeting.

Richmond Home Treatment Team was very happy for me and said well-done you have work very well as a Peer Support Worker and you really deserved your promotion to Senior Peer Support Worker in West London NHS Trust. Richmond Home Treatment Team said that you will be missed by the team and we wish you all the success for your future career and future employment.

I was so happy that I got promoted into a Senior Peer Support Worker for West London NHS Trust.

In my second job as Bank Support Worker at Beecholme Adult Care I told my Manager Beata Kozlowski (Service Manager) that I am leaving my role as a Bank Support Worker because I got a Full-Time job as a Senior Peer Support Worker at West London NHS Trust. Beata Kozlowska said wow well done congratulations on your new job promotion and you will be missed by Beecholme Adult Care Team. I told Beata Kozlowska that my

last day as a Bank Support Worker will be on 19th September 2020.

Beata said this is ok and you don't need to give any notice due to being a Bank staffs.

### CHRISTOPHER

On 19/09/2020 I told the whole Beecholme Adult Care team that today is my last day in this role as a Bank Support Worker and I will be leaving this role today. I spoke with all the clients within the Beccholme Adult Care Recovery Home that I was leaving and they were very sad but happy that I got a new Full Time Job. I said goodbye to all the Beecholme Adult Care team and said it has been good working with you for 3 months and I learnt so much about mental health & recovery homes in this role as a Bank Support Worker. I said to the Beecholme Adult Care team please make sure you keep up the good work and thank you all so much for the Job Opportunity.

I was so excited & truly happy that I was leaving Beecholme Adult Care as Bank Support Worker because I did enjoy the role, but I didn't like cooking for people it was too much stress, and I was happy that I didn't have to do that again.

On 28/01/2021 I official left my role as a Peer Support Worker at SWLSTG (NHS) in Richmond Home Treatment Team. On my last day in the role, I said to Polly Grogan (Team Manager) & Richmond Home Treatment Team that this role has been a great experience and I have learned to much about Peer Support and Mental Health Recovery. You have all been great people to work with and I am so thankful and happy that I was able to be part of Richmond Home Treatment Team. My ambition in my Mental Health career was always to be a passionate driven Peer Support Worker and help other people in Peer Support and mental health recovery. I have learnt so much about myself as a person and what really fulfilled and motivate me in life which really is to help other people & give back. Richmond Home Treatment Team was so happy for my success in being promoted into a Senior Peer

Support Worker in West London NHS Trust. Polly Grogan (Team Manager) said you have been a great Peer Support Worker and we really have valued your contributions to the clients in your role. I said goodbye to my



clients which was very challenging to do because I build a real Peer Support relationship with my clients.

I started to work as a Senior Peer Support Worker at West London NHS Trust on 03rd February 2021 – 30th December 2022. On my first day as a Senior Peer Support Worker in

Hounslow West Mint Team I met my Manager Carrie Scott (Occupational Therapist) & Michelle Nielsen (Occupational Therapist) in Cardinal Centre Office. Carrie & Michelle introduce me to the whole Hounslow West Mint Team which was great I was really excited about doing this role and this was a new location and area of work which I never worked in before. Carrie & Michelle explained my role as a Senior Peer Support Worker and what my Job Responsibility are with the Hounslow West Mint Team. I was so happy that now I was a Senior Peer Support Worker in Hounslow West Mint Team.

After getting the introduction to Hounslow West Mint Team from Carrie Scott & Michelle Nielsen I was ready to start supporting & helping clients with Peer Support and Mental Health Recovery. This role was a Senior Peer Support Worker role, so I have lots of Job responsibility.

Working as a Senior Peer Support Worker I would have to do lots of Job duties and Job Responsibilities like providing Peer Support to 15 - 20 Clients within Hounslow West Mint Team, Do Peer Support Session with clients, Share my lived experience of mental health to inspire clients on mental health recovery journey, Attending MDT Meetings with Hounslow West Mint Team to discuss about Clients on Caseload, Attend regular Supervisions with Carrie Scott (OT), Attend Peer Support Supervision with Charmaine Harris (Peer Support Lead), Attend Weekly Peer Support Reflective Practice, Support clients in the community with Doctor Appointments & medical appointments, Co- Facilitate Walking Groups, Allotment Groups for clients, Mentoring & Managing Peer Support Workers (Band 3), Do progress notes, Write Clients Letters, Reports, Documents, Work with Peer Support Workers, Social Prescribers, Link Workers & Hounslow West Mint Team to support caseload of clients

Working as a Senior Peer Support Worker was a lot of responsibilities but with the help of Peer Support Workers, Carrie Scott, Michelle Nielsen, Charmaine Harris, Hounslow West Mint Team I was about to provide

**CHRISTOPHER ROSE LIFE**

excellent Peer Support and really help my clients in their mental health recovery journey.

### CHRISTOPHER

I really did love working as a Senior Peer Support Worker and got so much fulfilment from helping clients in the Community. Of course, with any Senior Mental health role it comes with its challenges and low days, but I managed to keep supporting clients and maintaining my role as a Senior Peer Support Worker.

Being a Senior Peer Support Worker was a great learning experience and really showed my skills & abilities as a Peer Support Worker because all my mental health work experience, lived experience of mental health, knowledge, insight, wisdom of mental health conditions really helped me so much to be a Senior Peer Support Worker in Hounslow West Mint Team.

In the Hounslow West Mint Team my managers (Carrie & Michelle) were leaving the Hounslow West Mint team due to Employment & Personal Reasons. I had a new manager Emily Woods who supported me in my role as a Senior Peer Support Worker.

Working as a Senior Peer Support Worker the West London NHS Trust was going through some changes with Management, but I was still able to maintain my role during the Pandemic of Covid19 and work within the Hounslow West Mint Team.

Me, my new manager (Emily Woods – Occupational Therapist), Link Worker and Hounslow West Mint Team continue to support clients in their mental health recovery and as a Senior Peer Support Worker I was doing more Peer Support Sessions through the Pandemic of Covid19.

The work of a Senior Peer Support Worker got more intensive, but I have great support from Emily Woods (Occupational Therapist & Manager), Charmaine Harris (Peer Support Lead) where I received regular Peer Support Supervisions, OT Supervisions.

I worked more productively and effectively through the Pandemic of Covid19 and had to make sure I wear face masks & have Covid19 tests

**CHRISTOPHER ROSE LIFE**

through my time working as a Senior Peer Support Worker in the Pandemic.

Working through a serious Pandemic of Covid19 was hard work but very rewarding to provide excellent Peer Support to clients on my caseload.

### CHRISTOPHER

Working as a Senior Peer Support Worker was very great experience and I learn so much about Peer Support and Senior Management from the role which has helped develop my professional skills in mental health career.

Working as a Senior Peer Support Worker for Hounslow West Mint Team was an honor and privilege to me. Hounslow West Mint Team was a big team of Nurses, Care-Coordination, Occupational Therapist, Community Psychiatric Nurse, Doctors, Psychologist, Psychiatrist, Consultants, Employment Specialists, Lead Peer Support, Peer Support Worker, Link Workers, Mental Health Students.

Working with the Hounslow West Mint Team was very good and everyone within the team was very friendly, caring, compassionate, empathic towards clients with their mental health difficulties. I really enjoyed working with all the Hounslow West Mint team as a Senior Peer Support Worker.

## **Chapter 8 - Someone Stealing My Honda Vision 110cc Motorbike Outside My Older Brother Property**

On 29/05/2022 I went to my older brother Matthew Rose flat on my Motorbike to help him apply for NHS Jobs and Mental Health Jobs. As I was in my Matthew Flat, I was helping Matthew with Job Applications and looking for Job Opportunities. I was with Matthew Rose for around 4 – 5 Hours because he needed a lot of help with looking for employment. For some strange reason this day I didn't lock up my Motorbike in the Parking Area of my older brother Matthew Rose property.

When we were finished with applying to jobs and I needed to go home I said to older brother Matthew Rose that I am going to go on my Motorbike and travel back home I have been at your flat for all of today. As I went outside of Matthew Rose flat, I saw that my Honda Vision 110cc Motorbike have been stolen by someone and I never knew who it was because my Motorbike was not lock up and someone was able to steal the motorbike and take all of my helmets, locks, chains, gloves from my Motorbike.

I was very shocked and upset about this as I really loved my Motorbike, and it was important for my travelling and commuting. Me & Matthew Rose (Older Brother) called the Police and reported that my Motorbike had been stolen and I gave all the Motorbike details plus insurance details to the police. I called up my Insurance Lexham Insurance and reported that my Motorbike got stolen today and I want to claim for some Motorbike Insurance.

I made sure that I reported everything because I wanted to make sure the Insurance and police know what happened to my Motorbike and I was very angry and upset with losing my Motorbike due to it being stolen. After I reported everything to the police and insurance I went back home

on the bus from Merton to Battersea.

While I was on the bus my mind was so upset and angry that someone stolen my Motorbike, but I learn an important lessons from the experience of losing my Motorbike.



## Life Lessons I learnt from losing my Motorbike.

- Don't get attached to materialistic things because they have no spiritual value.
- Always lock Up your Motorbike no matter where you are to protect it and keep it safe.
- Losing things is part of life and you should expect the pain of losing something important to you.
- The universe is always helping you to discover new life lessons and build your character.
- Focus on the things you can control, not the things you can't control.
- Spirituality helps to deal with Pain & Loss
- Having a Faith and believing that everything that happen to me is for my good
- It not your problems that make you who you are it the person you become that make you who you are.
- God is Love – Love Is God
- The universe brings you challenges & adversities to make you grow spiritually.

## **Chapter 9 - Getting Back My Honda Vision 110cc Motorbike from Police**

I went back to work as a Senior Peer Support Worker in Hounslow West Mint Team and focus on my work because this help me to deal with losing my Motorbike and help me deal with my angry and low moods from my Motorbike being stolen. Working as a Senior Peer Support Worker was very rewarding and fulfilling and this help me to cope with the pain & struggling, I was experience. I realize that helping other people is my life

**CHRISTOPHER**

work and I am very passionate about making a difference and contributions into people lives. I was still working on my

caseload of 15 – 20 clients who want Peer Support and I was working very productively to really help my clients in their mental health recovery.

As I was at work, I received an email from the Police on 06/06/2022 at 11.50 that my Motorbike has been recorded & found and you can come and collect it at **PERIVALE POLICE POUND, Walmgate Road, London, UB6 7LR**. I was so happy that the police found my Motorbike and I was able to collect the Motorbike at Perivale Police Pound.

I spoke to my manager Emily Woods (OT) and explained about my Motorbike being stolen outside of my older brother (Matthew Rose) property over the weekend. I also explained to Emily Woods that I would need a day off work to go and collect my Motorbike from the Perivale Police Pound. Emily Woods (OT) said this is ok and sorry this has happened to you. Emily Wood said yes, I would give you a day off work to collect your Motorbike and bring it back to your home in Battersea SW11 5DB.

On 07/06/2022 I went to the Perivale Police Pound to collect my Motorbike from there. When I got there, I had to wait for hours before my Motorbike was given back to me from the Police. I was very shocked that the Motorbike was very seriously damaged, and the Motorbike was not in working order. I realize that this is going to cost lots of money to get my Motorbike fixed again so I can ride it. I order a Van to come and collect the Motorbike from Perivale Police Pound which cost me lots of money to get done.

Once the Van come to collect the Motorbike from the Perivale Police Pound we took the Motorbike back to my address Flat 24 Walden House, Dagnall Street, London, SW11 5DB.

I was so happy when the Motorbike was back at Battersea where I live but it was in a very poor damaged conditions, so I made sure I lock up the Motorbike this time.

**CHRISTOPHER**

After the motorbike was at my property in Battersea the next thing to do was to get my motorbike repair from the Garage. I already had a Garage which I wanted to take my Motorbike to which was Chelsea Motorcycles Group (CMG) 84C Lillie Rd, London SW6 1TL.

A few days later I order a Van to collect my Motorbike from Battersea to my Garage Chelsea

Motorcycles Group (CMG) 84C Lillie Rd, London SW6 1TL. Me and the Van Driver took my Motorbike to Chelsea Motorcycles Group for it to get repairs. When I got to Chelsea Motorcycles Group, I spoke with Emma (Staff at CMG) and she said that it would cost you

£1500.00 plus Vat to fix your Motorbike again. I said this is a lot of money which right now I don't have at the moment Is there any way to pay in Instalments. Emma said yes but we would need to set it up. I said OK I would just pay the full price for my motorbike repairs because I really want my motorbike fixed. So, I gave Emma £1500.00 plus Vat for my Motorbike repairs. I also purchase a Motorbike Helmet, Gloves, Lock & Chains for my Motorbike at Chelsea Motorcycles Group (CMG).

I was happy that I am going to get my motorbike repaired from CMG and I have all my Motorbike equipment again to help me use my Motorbike once it is repaired.

I told my family that I am getting my motorbike repaired and they were happy for me that my motorbike had been found and it was getting repaired.

I had to spend so much money to get my Motorbike back, but it was all worth it because I was able to be back on the roads again riding my motorbike.

I went back to work as a Senior Peer Support Worker in Hounslow West Mint Team and told my manager Emily Woods the update of what happening with my motorbike, and I also told Senior Management in Hounslow West Mint Team what happen too.

After 2 weeks I received a WhatsApp message from Emma saying your Motorbike now is fully repaired and your able to ride your Motorbike again. This was the news I have been waiting for and I was super happy my motorbike was fixed and repaired.

On 23/06/2022 I went to Chelsea Motorcycle Group to collect my Motorbike. I spoke with Emma, and she said it is now ready for you to ride. I paid the £1500.00 plus Vat for the motorbike repairs and all my Motorbike equipment was ready for me too. I said a massive thank you to Emma and CMG team for fixing my Motorbike and getting me back on the road again. Then I said goodbye to Emma and CMG team and ride my Motorbike back to Battersea SW11 5DB from Chelsea Motorcycles Group.

It felt so good to be on my Motorbike again and I felt so happy & joyful that God & Jesus Christ help me to get back my Motorbike.

I made YouTube Videos of when I lost my motorbike and when I received it back from the police.

All together I spend around £2000.00 to get everything sorted out for my Motorbike and spending money on Taxi, Cabs, Vans.

Spending this much money was a learning lesson and I made sure I wouldn't make it happen again. Now that I got back my Motorbike, I am very careful when I need to lock up my Motorbike and put extra security on my Motorbike.

## **Chapter 10 - Employment Specialist At (SWLSTG) (NHS)**

As I was working as a Senior Peer Support Worker, I learnt everything about the Peer Support role, and I was ready for a new challenge and to progress in my mental health career & mental health recovery journey. I was very passionate about Mental Health, Peer Support but I wanted to work within the Employment Services and try something new that I have

never

done before. I remember how important the work of Paul Dorrington & Karen Meechan did for me when I was younger going through a mental health crisis and being homeless. I decided that I want to look for new employment maybe within Employment Services and become an Employment Specialist. I have always had a desire, dream, and passion to work with my Hero Paul Dorrington within my mental health careers because Paul Dorrington & Karen Meechan was the 2 people that helped me to recover from my mental health conditions and homelessness. My main goal in mental health work and mental health career is to become like the 2 people who helped me Paul Dorrington (Lead Employment Specialist), Karen Meechan (Clinical Psychologist).

I decided that I was going to become an Employment Specialist and work with my hero Paul Dorrington in SWLSTG. I knew the best way how to learn to become an Employment Specialist was to talk with Paul Dorrington on how can I become an Employment Specialist.

Me and Paul Dorrington had a good conversation and I told him that I am ready to become an Employment Specialist but don't know how or what I need to do to become an Employment Specialist. Paul Dorrington said you need to learn how to become an Employment Specialist and then you would need to apply for Job Vacancies as an Employment Specialist. Paul Dorrington recommends me a course to study about IPS Employment Specialist which was called Supporting People with Health Conditions into Work: Individual Placement and Support (IPS) with Future Learn. I was so happy about this course and opportunity to learn how to become a IPS Employment Specialist. I said to Paul Dorrington that I am going to study this IPS course with Future Learn as I am working as a Senior Peer Support Worker in West London NHS Trust.

I was working as a Senior Peer Support Worker and studying IPS Course with Future Learn after work because it was an Online Course and Self-



Learning. Learning about IPS & Employment Specialist was very important education and I understand the important of helping other people into employment and work. The IPS Course was very detailed, and I

have learned so much about Employment Services and the important of helping clients in mental health recovery. I learnt in the IPS Course the important of IPS and Employment for a client mental health recovery and mental health journey.

As I was doing my studies and learning about Employment Specialist & IPS I realize the importance that Paul Dorrington (Lead Employment Specialist) did for me and the importance of employment. The IPS Course had a lot of positive triggers that has really impact me and improve my Self education & Self learning.

I completed my Supporting People with Health Conditions into Work: Individual Placement and Support (IPS) with Future Learn on January 2023 and I passed 80% which was a great score for being my first time learning about IPS & Employment Specialist. I told Paul Dorrington the great news that I passed my IPS course and Paul Dorrington was so happy for me. Paul Dorrington said there is some Job Vacancies in SWLSTG for Employment Specialist at the current moment, I am going to send you some Job Vacancies for you to apply for. Paul Dorrington sends me a Job Opportunity working as an Employment Specialist in SWLSTG for ES Wandsworth & Battersea Team. I said to Paul Dorrington this is a great Job Opportunity and I am going to apply for the Job Vacancy.

As I was still working as a Senior Peer Support Worker in Hounslow West Mint Team, I apply for the Employment Specialist Role in SWLSTG with ES Wandsworth & Battersea Team. The Lead Employment Specialist of that ES Team was named Kat (Lead Employment Specialist)

and Paul Dorrington introduced me to Kat through emails & telephone calls. I did a full job application on [www.nhsjobs.com](http://www.nhsjobs.com) for the Employment Specialist role in Kat ES Team.

I had my finger cross that I would get a Job Interview for the role because this was the first time, I ever apply for Employment Specialist role and I really wanted the job. I didn't tell Hounslow West Mint team that I was planning to leave West London NHS Trust and applying to new jobs because I wasn't 100% sure if I would get this first Employment Specialist role.

As I was working as a Senior Peer Support Worker in Hounslow West Mint, I received an email for NHS Trac Jobs that I got a Job Interview with Kat on 13<sup>th</sup> September 2023 12.00 – 15.30 on MS Teams. I was really happy I got the Job Interview, but I was very nervous due to having no experience in working as an Employment Specialist.

I received some support from Paul Dorrington to prepare me for the Job Interview over the telephone which really helped me to understanding some of the Interview questions that may come up in the Job Interview with Kat. Paul Dorrington said you should just show your passion and the reason why you want to become an Employment Specialist.

I took Paul Dorrington advice and practice at home some of the Job Interview Questions by giving some answers. This was very useful, and I keep on repeating doing videos and audios of me answering the Job Interview Questions.

I was very nervous of this Job Interview, but I was going to try my best to get the job and show my passion for employment and mental health. I did some research on IPS Grow and revised the information for the Job Interview.

On 13/09/2022 I had a Job Interview with Kat (Lead Employment

Specialist) & Senior Management on MS Teams. First part of the Job Interview was to do a Role Play of Employer Engagement with an employer for a client that want to work in Sainsbury. I didn't do very well in the Employer Engagement because I was nervous and anxious, and it was my first time ever doing Employer Engagement. Second part of the Job Interview was the IPS Employment

Specialist Job Interview Questions. I try my best to answer the questions as best as I can, but I was very nervous in the Job Interview and failed to answer all the questions with great detail. I showed my passion for Mental Health & Employment Services and shared how IPS really transformed my life when Paul Dorrington helps me to get my first Job in Mental Health as a Co-Facilitator. Kat was impressed by my passion, character, personality and said you have done ok in this Job Interview we will be in contact in the next few days.

After the Job Interview, I felt like it wasn't my best Job interview, but I learnt so much about IPS and how Employment Specialist work within the NHS. The Job Interview helped me to build my Self- Confidence and Self-Esteem and I knew what IPS Job Interview will come up for Employment Specialist Role. I contact Paul Dorrington and tell he how my Job Interview went with Kat and Paul Dorrington said Well done and I am very proud of you, good work.

A few days later Kat email me and said that you did ok in the Job Interview but on this occasion, you were not successful in getting the job as an Employment Specialist in Wandsworth & Battersea ES Team. I said to Kat if I can have some feedback about what I need to improve on and I said thank you for the Job Opportunity.

I told Paul Dorrington that I didn't get the job with Kat ES Team, but Paul Dorrington said OK don't worry too much about that because there is going to be some Job Vacancies in my ES Teams in Kingston & Sutton. I said to Paul Dorrington ok that fine please let me know when these jobs get advertise on NHS Jobs.

I continue to work in my role as a Senior Peer Support Worker and did some more Job Searching for Employment Specialist role.

There was a Job Opportunity on [www.nhsjobs.com](http://www.nhsjobs.com) for a Peer Employment Specialist in CNWL which was

very good.

I wanted to do this role because it has Peer Support & Employment Specialist Work as one job which is perfect for me because I had experience in Peer Support and wanted to work in

Employment Specialist. I applied for Peer Employment Specialist in CNWL and did my Job Application and submitted in on [www.nhsjobs.com](http://www.nhsjobs.com).

Paul Dorrington sends me some Job Vacancies for Employment Specialist in Kingston & Sutton ES Team and said I should apply for these jobs as soon as possible. This role was working in Paul Dorrington Kingston ES Team. I was really happy about this job opportunity, and I decided to apply for the Employment Specialist role on [www.nhsjobs.com](http://www.nhsjobs.com). I completed all full Job Application for the Employment Specialist role and told Paul Dorrington that I have apply for the Job. Paul Dorrington said due to candidate confidentiality I would not be able to give you any advice or guidance on how to prepare for the Job Interview this time due to me being on the Panel for the Employment Specialist role.

I said to Paul Dorrington ok, and I hope I get shortlisted for the Employment Specialist role. This time I had a great intuition and good feeling about this Job Opportunity and knew that if I got shortlisted for a Job Interview that I may be successful in it due to having practice of Employment Specialist Job Interviews.

A few days went by, and I received an email for NHS Trac Jobs that you have been shortlisted for 2 Job Interviews. 1) Peer Employment Specialist role with CNWL on

09/11/2022 at which was on my 33 Birthday, 2) Employment Specialist with SWLSTG on 02/11/2022 at 13,15 in Paul Dorrington Kingston & Sutton ES Team.

I was happy that I got to get two Job Interview offer but my main focus was to work in Paul Dorrington Kingston & Sutton ES Team.

Paul Dorrington said to me to help you prepare for the Job Interview I am going to let you talk with Kat (Lead Employment Specialist) in Wandsworth & Battersea ES Team. I said to Paul Dorrington Yes that

would be great.

I called Kat (Lead Employment Specialist), and Kat helped me to prepare for the IPS

Employment Specialist Job Interview with Paul Dorrington. Kat said to me that I need to focus on IPS, learn more about Employment Specialist, do research on IPS Grow about the



8 Principles of IPS, do better Employer Engagement, Practice your Job Interview Answers. Kat said the way to get Employment Specialist Job is to show you understand IPS & what an Employment Specialist does when support clients in their mental health recovery getting into employment. I said to Kat this has been excellent Job Interview Preparation and I am going to do my best in the Job Interview with Paul Dorrington for IPS Employment Specialist role in Kingston & Sutton ES Team.

After my telephone conversation with Kat (Lead Employment Specialist) I spend the next few days practicing my Job Interview Answers, doing research of IPS & Employment Specialist, learn more about IPS, Learn more about Employment Services & KPI.

On 02/11/2022 at 13.15 I had my Job Interview with Paul Dorrington for Employment Specialist role in Kingston & Sutton ES Team at Tolworth Hospital. This was a massive moment in my life because I was doing a Job Interview with my hero Paul Dorrington watching everything I was doing. This Job Interview was more than just a Job Interview it was about realize a dream that I have had for many years that I wanted to come to fruition. First part of the job interview was talking to the client about our first IPS Session, in this part of the Job Interview I did very well and really understand what the client was looking for as far as Employment & Jobs, the second part of the Interview was Employer Engagement with Matthew Vidal (Employment Specialist in South Kingston Team), In this part of the Interview I did very well and build great rapport with Matthew Vidal. The third part of the Job Interview was IPS Employment Specialist Questions, in this part of the Job Interview I did excellent in and really answered all the questions in a professional manner which score me high points. The reason why I did so well in the third part of the Job Interview was I had practice on what IPS Employment Specialist Questions would come up due to having a Job Interview with Kat (Lead Employment Specialist) and

#### **CHRISTOPHER ROSE LIFE**

also Kat advised, and Interview Preparation really helped me to answer the Job Interview question more clearly and effectively. Paul Dorrington, Matthew Vidal, Senior Management, Service User was very impressed by my personality, character, passion, mental health experience. Paul Dorrington said well-done Christopher

Rose for taking the time to do this Job interview we will be in touch in the next few days to let you know if you been successful or not. Paul Dorrington asked me if I wanted to work with Kingston ES Team or Sutton ES Team. I said to Paul Dorrington I would prefer to work in Kingston ES Team as I know the Kingston Area. Paul Dorrington if you work in the Kingston ES Team your line manager will be Jessica Wall (Team Manager) who is the Team Manager of North Kingston Team at Tolworth Hospital. I said to Paul Dorrington ok that is great to know.

After the Job Interview, I knew I did effort to get this job there was a Spiritual & Intuition connection I felt due to Paul Dorrington being there in the Job Interview and My ambition, dream, desire to work with my hero. I knew that I gave everything in this Job Interview and really showed my passion for IPS & Employment Specialist Services. I was buzzing and so happy after the Job Interview because one of my biggest dreams have been realized.

Paul Dorrington & Karen Meechan have been my hero in mental health work and in mental health recovery and my dream for the beginning of my career was to one day work with my hero in mental health services. This has always been a true motivation and ambition I have had in my mental health career and mental health journey.

Paul Dorrington & Karen Meechan are the 2 People who helped me to build my career in mental health industry. I realize that God & Jesus Christ has led me to have this Job Interview with my hero Paul Dorrington and this role as an Employment Specialist is one of the most significance choice in my mental health career due to personal reasons.

After the Job Interview, I went back to my current role as a Senior Peer Support Worker at Hounslow West Mint Team. I really did enjoy working a Senior Peer Support Worker, but I knew it was time to reach the next level of my mental health career and life. I continue to provide Peer Support

Session to the clients on my Peer Support Caseload in Hounslow West Mint Team.

After a few days I received a Telephone Call from Paul Dorrington. I was waiting for this telephone call, and I was waiting for the words I was hoping for. Paul Dorrington said how do

you think you did in the Job Interview as Employment Specialist. I was honest with Paul Dorrington and said that I think I did really well, and I did my best. I have a good feeling about me getting the Employment Specialist role. Then Paul Dorrington said the words I was hoping for. Paul Dorrington said Well congratulations Christopher Rose you have successful got the Job as an Employment Specialist (Band 5) in SWLSTG with North Kingston Team. I was super joyful and completely happy about getting the role as Employment Specialist in SWLSTG. I said to Paul Dorrington that it has been my dream to work for you since you helped me when I was younger with homelessness & mental health difficulties. This is a dream & desire I have always wanted and now it has come true. I said to Paul Dorrington I will take the Job Offer and thank you so much for getting me this great job opportunity it really means a lot to me to work with you. Paul Dorrington said to me that you need to celebrate your achievement and well done on scoring the highest points on the Job Interview you did really well and we were all very impressed by your personality and mental health work experience.

After the telephone call I was over joyful and completed spiritually fulfilled. I knew that Jesus Christ & God opened up this Job Opportunity for me and this will be one of the biggest achievements in my mental health career and mental health journey.

I realize my dreams has come true and I have got to do what God & Jesus Christ want me to do. I felt like Spiritual this new job would be challenging but rewarding because I know what IPS & Employment Specialists can do in clients lives into getting them into employment to earn a livelihood and earn a living.

Once I got the news that I got the new job as an Employment Specialist in SWLSTG with North Kingston Team. I needed to tell Hounslow West Mint Team that I am going to be leaving my role as a Senior Peer Support

Worker to go to my dream role as an Employment Specialist and work with my hero Paul Dorrington.

I told my manager Emily Woods (Occupational Therapist) that I have been offer a new job as an Employment Specialist (Band 5) in SWLSTG. My manager Emily Woods was shocked,

surprised but happy that I received a promotion into a Band 5 role as an Employment Specialist. Emily Wood said congratulations and well done for getting a new job as Employment Specialist. I told Emily Woods the real reason why I wanted to do this role and work with my hero Paul Dorrington. Emily Woods said this job sounds like a true great opportunity for you to pursue. Emily Woods said that this will be different from your work experience of Peer Support but sometimes it's good within your mental health career to go through a change and try something new. I said to Emily Woods that this is my first ever Band 5 role, but I feel like I am ready to work as Employment Specialist in SWLSTG.

I said to Emily Woods that I am going to tell all of Hounslow West Mint Team and Peer Support Worker Team that I am leaving my role as a Senior Peer Support Worker.

Once I told Emily Woods I was leaving my role and then decided to tell Peer Support Worker Team in Peer Support Supervision that I am going to be leaving my role as a Senior Peer Support Worker to become an Employment Specialist (Band 5) in SWLSTG.

In Peer Support Worker Supervision, I told all of the Peer Support Workforce in West London NHS Trust that I have got a promotion as an Employment Specialist (Band 5) role in SWLSTG that I have accepted and I am going to leave my role as a Senior Peer Support

Worker in Hounslow West Mint Team. Charmaine Harris (Peer Support Lead) and all of the Peer Support Worker Workforce said Well done and congratulations you really deserved your promotion. Charmaine Harris said you have been a great Senior Peer Support Worker and you will be missed by Peer Support Worker Team. I said to Charmaine Harris thank you so much for believing in me and giving me the Job Opportunity to be a Senior Peer Support Worker because of this role I was able to get a promotion. Thank you so much Charmaine Harris for your help and

support since I been in this role as Senior Peer Support Worker.

I gave my Resignation Letter to Emily Woods on 05/12/2022 to leave my role as Senior Peer Support Worker. I spoke to the Hounslow West Mint Team about me leaving my role as a



Senior Peer Support Worker because I got a new job & promotion as an Employment Specialist. Hounslow West Mint Team said congratulations and well done for getting the new job and promotion.

I attended my last Christmas Lunch with Hounslow West Mint Team on 15/12/2022 where we celebrate Christmas & celebrate my new promotion/new job as an Employment Specialist in SWLSTG. I learnt a lot from being a Senior Peer Support Worker and being a part of Hounslow West Mint Team. Being a Senior Peer Support Worker helped developed my skills & abilities in Peer Support and mental health recovery. I realize has a Senior Peer Support Worker it is important to really help clients within their mental health recovery and mental health journey.

It was very important doing the Senior Peer Support Worker role in West London NHS Trust and learn more about Peer Support.

I attended my last Peer Support Reflective Practice with the Peer Support Worker Team on 29/12/2022. I made sure I said my goodbye to all the Peer Support Worker Workforce in West London NHS Trust.

On 30/12/2022 was my last day at Hounslow West Mint Team as a Senior Peer Support Worker. I wrote down some lessons that I learnt as a Senior Peer Support Worker within my Journal 2022 - 2023.

Senior Peer Support Worker - Lessons I learnt at Hounslow West Mint Team (Reflections)

- Helping Other People is not a Job but a vocation and career path.
- Working in community mental health team is very rewarding and fulfilling.
- Being passionate about helping other people helps to really support the clients.
- Client has all different problems they facing so make sure you show empathy, compassion

- Don't show too much feeling and emotions at work be more professional.

- Teamwork is the key to helping other people.
- Focus on the contributions and the difference and you will impact lives.
- Peer Support is vital to mental health recovery.
- There are kind and hardworking people.

It was very important to reflect on my work as a Senior Peer Support Worker and focus on Employment Specialist at SWLSTG in North Kingston Team.

I had a few days to reflect on how my mental health career was going to change from Peer Support into Employment Services. I realize the important of my mental health careers and all the skills I have learn within my mental health careers which will help me within my role as an Employment Specialist. I was very excited and happy about becoming an Employment Specialist, but I wanted to make sure I was full ready to do the work as an Employment Specialist. This role was a massive Job Opportunity for me, and I was very passionate about IPS & Employment Services due to Paul Dorrington transforming my life when I was younger. I knew that God & Jesus Christ opened this Job Opportunity for me to learn and develop my skills within mental health industry.

On 03/01/2023 I official started my new role as Employment **Specialist - Southwest London St George's Mental Health Trust - 3rd January 2023 - Present.** I met my hero

Paul Dorrington (Lead Employment Specialist) and Jessica Wall (Team Manager). Paul Dorrington said on my first day that I would be working with the North Kingston Team as an Employment Specialist (Band 5). Jessica Wall explained to me that North Kingston Team is a friendly team and you will have the chance to work with all the clinicians within North Kingston Team. Paul Dorrington said that you are going to be a key person within North Kingston Team in getting clients into Paid

Employment. Paul Dorrington explained that being an Employment Specialist is hard work and there is lots of paperwork to do when support and help clients find Paid Employment. Listening to Paul Dorrington my hero was a dream

come true and I was ready to go through the challenges of being an Employment Specialist. Paul Dorrington said as a IPS Employment Specialist (Band 5) you will be working with North Kingston Team and the clinicians will be giving you referral for you to work with and provide the clients with IPS Employment Specialist Support. Paul Dorrington & Jessica Wall give me an Introduction of Tolworth Hospital and North Kingston Team Office. Jessica Wall said that there are 2 main teams in Tolworth Hospital that you will be working closely with South Kingston Team and North Kingston Team. Paul Dorrington said that each team has 1 Employment Specialist and your colleague in South Kingston Team would be Matthew Vidal who would be working alongside of you helping and support clients in the South Kingston Team.

After the introduction of Tolworth Hospital & North Kingston Team, Paul Dorrington and I went to a room downside so Paul Dorrington can explain more about the IPS Employment Specialist role.

This was my opportunity to ask Paul Dorrington questions about IPS & Employment Specialist work. Paul Dorrington started to say that you are very lucky to be working within the North Kingston Team and you are going to be a good Employment Specialist because you have 10 years of work experience in Mental Health. Paul Dorrington said that being a IPS Employment Specialist comes with lots of challenges, and you would be having a IPS Caseload of 20 Clients which is a lot of clients looking for Paid Employment. Paul Dorrington explained what I would be doing as a IPS Employment Specialist and told me to read through your Job Description & Person Specification.

Paul Dorrington Show me my Key Responsibilities as an Employment Specialist in North Kingston Team

**Employment Specialist in North Kingston Team Job Description**

**CHRISTOPHER ROSE LIFE**

- To manage a caseload of a maximum of 20 service users at any one time who are currently off work / unemployed and who wish to return to work.

- To be integrated with either the Kingston or Sutton RST (Recovery Support Team's) being responsible for those service users who want to return to employment.
- To meet regularly with RST staff to co-ordinate and integrate employment support into health treatment and care plans.
- To support care coordinators to discuss employment being a realistic goal with service users at the assessment stage, at care plan reviews etc.
- To prepare individuals for a return to work through assessing each person's individual employment needs through vocational profiling/assessment.
- To proactively undertake job development with employers based on the service users' preferences to secure employment opportunities for service users.
- To proactively engage and work with employers to retain employment opportunities for service users.
- To provide education and support to employers, as agreed with the individual, which may include negotiating reasonable adjustments, return to work strategy and ongoing contact with the employer to ensure job retention.
- To provide individualized, support to individuals once they have returned to work to assist them in sustaining employment.
- To provide outreach services as necessary to individuals when they appear to disengage from the service. Maintain some contact with individuals even without a vocational focus if necessary to sustain engagement.

#### **CHRISTOPHER ROSE LIFE**

- To assess individuals, support needs related to work which might typically include help with benefits, travel to work, graded return to work etc.
- To develop good working relationships with other organizations that are better able to help individuals to achieve their employment goals for example, Job Centre Plus



providers (Work Programme, Work Choice, Access to Work), local colleges and training providers.

- To deliver individual employment outcomes in line with service outcomes as set by commissioners in line with Trust key performance indicators.
- To engage in both managerial and professional supervision.
- To work flexibly as required by the individual and the employer which may require some working out of 'normal office' hours.
- To maintain a professional relationship with the service users of the programme and with other staff, with particular attention to confidentiality and the maintenance of boundaries.
- To support administrative systems which record the progress of individuals and keep accurate and complete records of casework with them.

### **Training and Development**

- • To undertake mandatory and statutory training as required by Trust policy.
- • To undertake the Trust three-day individual placement and support approach training course.
- • To contribute and commit to undertaking an annual Development Review/appraisal.
- • To undertake personal development as identified in the Personal Development Plan (PDP).

## General

- This is not an exhaustive list of duties and responsibilities, and the postholder may be required to undertake other duties which fall within the grade of the job, in discussion with the manager.
- This job description will be reviewed regularly in the light of changing service requirements and any such changes will be discussed with the postholder.
- The postholder is expected to comply with all relevant Trust policies, procedures, and guidelines, including those relating to Equal Opportunities and Confidentiality of Information.
- The postholder is responsible for ensuring that the work that they undertake is conducted in a manner which is safe to themselves and others, and for adhering to the advice and instructions on Health and Safety matters given by Manager(s). If postholders consider that a hazard to Health and Safety exists, it is their responsibility to report this to their manager(s).
- The postholder is expected to comply with the appropriate Code(s) of Conduct associated with this post.
- Southwest London and St George's Mental Health NHS Trust operates a no smoking policy. The Trust has been smoked free since 01 January 2006

As I was reading through the Job Description as an Employment Specialist, I realize in this role was lots of Job Responsibility because it was (Band 5) role.

Paul Dorrington explained to me that being an Employment Specialist is a Marathon and not a sprint. Paul Dorrington explained that working as an Employment Specialist is all about how you be resourceful and resilient

**CHRISTOPHER**

with the challenges and demands of the role.

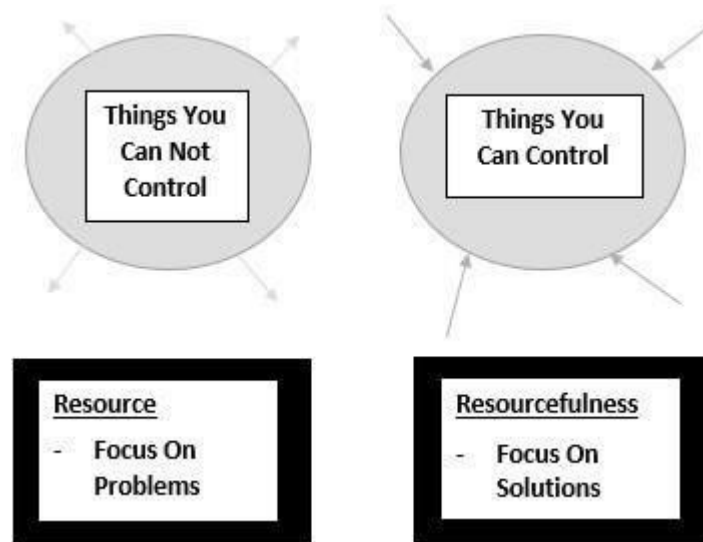
Paul Dorrington explained that getting clients into Paid Employment is a lot of work but just remember to take your time and try your best to learn as much as you can to help you support your clients with their Employment Goals and looking for work.

I realize if I am going to survive being an Employment Specialist, I need lots of guidance from Paul Dorrington and I need to learn as I go.

Paul Dorrington said to me that the better you understand that being an Employment Specialist is the Marathon of persistence and resilience then you will do well in this role.

Paul Dorrington started to teach me The Zone of Power. Paul Dorrington said focus on what you can control.

**Don't Focus on things you cannot control.**



Paul Dorrington said to me if you have problems with clients then you need to become Resourceful

- Find way to solve the problems.

Paul Dorrington said to me this is the key in IPS Employment Specialist Support.

**CHRISTOPHER**

Paul Dorrington said you will be part of a team of 7 Employment Specialist from areas in Kingston, Sutton, Richmond, Carshalton.

After all the learning that I got on my first day from Paul Dorrington (Lead Employment Specialist) I realize that this job was going to be a challenge and I would really need to understand IPS & Employment Services to really do well within this job.

Being with Paul Dorrington for the whole day was so inspiring and I learnt so much about IPS & Employment Specialist.

This new role was going to be a journey in the unknown because I haven't worked as an Employment Specialist before but I am willing to go on the journey and learn every day.

A few days after my first day being an Employment Specialist, I started to understand my role and what I need to do for clients in North Kingston Team. As I learn more about the role of an Employment Specialist and I did all the SWLSTG Mandatory training which included e- learning and attending training in Tolworth Hospital & Springfield Hospital I started to get a IPS Caseload of clients who was waiting for IPS Employment Specialist Service.

At first, I was a bit nervous because I never been an Employment Specialist before and I didn't know how it would be working as an Employment Specialist.

I started to support clients with IPS Employment Specialist support at Tolworth Hospital and in the community where I would do IPS Session with clients. The clients I was support all wanted to get into Paid Employment and find Full Time & Part Time work. I had experience of doing Job Searching & Job Application from getting new Paid Employment for myself, but I never knew how difficult it would be for clients who didn't have much work experience, didn't have qualification and degrees and was dealing with mental health difficulties.

As an Employment Specialist I realize I had a massive challenge that I

**CHRISTOPHER**

would be facing with support clients to get into Paid Employment. Because I was new to IPS & Being an Employment Specialist every IPS Session I had with clients was a learning experience and I started to realize that doing this role is very interesting and something that is going to challenge me and grow me as a person.

In the beginning of my IPS Employment Specialist work I had a IPS Caseload of 5 – 10 clients because this was manageable for me to do, and I felt like I would be able to cope with supporting and helping these many clients. In the beginning I found the work of Employment Specialist to be very hard work and I wasn't used to the routine of IPS. The workload was lots of work and there was lots of things to do with clients to get them into Paid Employment. I would work Monday – Friday 09.00 – 17.00 every day and through the working week I would have 2 IPS Session with client on each day plus attend North

Kingston Referral Meetings, MDT Meetings, Doing Employer Engagement, Employment Specialist Weekly Meeting, Job Retention and more.

Being an Employment Specialist is very hard work but helping and support clients was very rewarding, and I got a lot of fulfilment and joy for helping other people.

My IPS Caseload had clients with complex mental health difficulties, and I learn being an Employment Specialist that each clients have different Employment Goals and things they want to achieve. I was feeling under pressure in the role at the beginning of my Employment Specialist work because I was completely new to the role and had no experience in IPS.

As I was supporting clients to get into Paid Employment, I realize how difficult it is to try and get clients with no work experience or career history into Paid Employment. For some of the clients on my IPS Caseload they have never had a Paid Job or Paid Employment before due to their mental health difficulties.

Being an Employment Specialist is all about the resilience and persistence in pushing through challenges and obstacles for your clients in getting them into Paid Employment. I learnt very quickly to be a good & successful Employment Specialist you must be patience, resilience, faithful, persistence, kind towards your clients and employers because



**CHRISTOPHER**

getting a job for some clients become the most difficult thing.

Due to client's mental health conditions and negative life experience, there was a massive stigma that employers had for people with mental health difficulties and mental health

problems. As an Employment Specialist my role was to trying to change the stigma of mental health and show employers that clients with mental health conditions are able to work and effectively do the work duties. As an Employment Specialist I would really talk with employers, managers, recruiters about the importance of IPS and how IPS really help clients maintain Paid Employment and manage their mental health conditions.

As an Employment Specialist I had to accepted that some clients will actively look for Paid Employment and apply to jobs and do job applications but for most of the clients that was on my IPS Caseload they are just unable to do it.

Being an Employment Specialist really involved lots of IPS Job Coaching and encouragement for clients with mental health conditions. Being an Employment Specialist make you realize how important employment, jobs, volunteering, job opportunities can be to someone who has a mental health condition.

I realize in my own mental health journey the important of IPS & Employment for mental health recovery and how doing an important, meaningful job can really help a person to find hope, meaning, opportunity and control.

Being an Employment Specialist made me realize I was doing something very special for the clients on my IPS Caseload and I realize that this job is a job that can completely transform people lives.

As the weeks & months went on, I was starting to feel worried and anxious about being an Employment Specialist and if I have chosen the right career path to get into. This worrying and doubt started to become worst as I was doing my work as an Employment Specialist because I didn't have self-confidence in myself, and I didn't know if I could get these clients into Paid Employment.

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I realize that my worries and doubt was due to my lack of work experience in IPS & Employment Services. I realize from Journalling and process the these that I was learning about IPS & Employment Specialist Support that I maybe can become a Great Employment

Specialist if I just stick with the roles and do my best to support clients into Paid Employment. I had so many doubts of my skills and abilities but as I stay in the role as an Employment Specialist my Self-Confidence grown and I became more confidence.

**Working with my Hero Paul Dorrington (Lead Employment Specialist) in SWLSTG** Working as an Employment Specialist was very hard and difficult work to do due to trying to support clients into Paid Employment. As I was really working with Paul Dorrington (Lead Employment Specialist) I was learning so much about IPS & Employment Specialist Work.

Paul Dorrington would be teaching new things and helping me to understand IPS & Employment Specialist Work. Working with Paul Dorrington has been my biggest honor due to the support and help he give to me when I was younger with mental health difficulties and homeless.

Paul Dorrington explained to me that being an Employment Specialist is difficult work, but you will learn as you go in the role and support clients into Paid Employment. Paul Dorrington explained that being an Employment Specialist is a Marathon and not a sprint. Paul Dorrington explained the way you survive within the role as an Employment Specialist is to make sure you build resilience because this work can become very challenging and difficult.

Paul Dorrington would have meeting with me in Supervisions, ES Weekly Meetings where he would be teaching me new things about being an Employment Specialist & IPS.

Working with my Hero Paul Dorrington has been very interesting, and I am always learning new things about being an Employment Specialist from Paul Dorrington.

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Paul Dorrington has a way of always encouraging me and motivating me more to help other people and give back.

Me and Paul Dorrington had one conversation when I was explaining that I feel like I am not ready to do this Employment Specialist role (Band 5) because it is too stressful and hard work. Paul Dorrington spends 1 hour talking with me about why you need to try your best to stay

within the role and keep support clients into Paid Employment. Paul Dorrington was explaining that this role is very hard work and difficult work some days you will feel like you cannot do it but the things you need to remember is your WHY. What is your reason for being an Employment Specialist and helping your clients in mental health recovery. When Paul Dorrington said this to me, I just knew that It because of You and Karen Meechan the reasons why I am helping other people as an Employment Specialist. Paul Dorrington also said that when you have your low days you need to make sure you look after yourself and take care of yourself. Paul Dorrington was explaining to me the Balance of helping other people and your own mental health & well-being. Paul Dorrington explained that you do have the skills and abilities to do this role as an Employment Specialist but you have to believe within yourself and this will come when you support lots of clients into Paid Employment. I said to Paul Dorrington that some days I feel like I cannot do this, and I am out of my comfort zone. Paul Dorrington explained that this is when you will see breakthrough in your work and clients.

Paul Dorrington explained getting out of your comfort zone is the way you grow as a person and become more adaptable to support your clients with mental health difficulties into Paid Employment.

In this conversation with Paul Dorrington, I realize that I need to find a way to find the right balance in supporting my clients into Paid Employment and looking after my mental health and well-being. The key think I learn in this conversation with Paul Dorrington was the resilience and persistence because you are always going to feel challenged by doing this work in IPS as an Employment Specialist.

Paul Dorrington explained to me that if I keep going and move forward you will be able to support lots of clients into Paid Employment. What your experience now within your life as an Employment Specialist is what

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we call the Learning curve. You're learning about yourself and your skills & abilities as an Employment Specialist which is part of the journey and the things you need to know about IPS & Employment Specialist.

This conversation with Paul Dorrington really helped me and I realize that this is my calling and vocation I must stick with the work and really support clients into Paid Employment.

I was learning and understanding what Paul Dorrington was teaching me and this made me more passionate about helping other people and IPS Employment Specialist Work.

After this conversation with Paul Dorrington, I realize I need to keep going which was the motivation I needed at that time to move forward and do the work as an Employment Specialist.

I continue to do more IPS Session and support clients into Paid Employment and just as Paul Dorrington was telling me I started to see many breakthroughs which completely change my life as an Employment Specialist. The breakthrough was that I was helping client get jobs through Employer Engagement which is part of IPS Model. When client was telling me that got new jobs and new Paid Employment something inside of me Light up and I realize I was doing a great thing for clients.

This was the change I need in the work as an Employment Specialist because before the Breakthrough I was seriously struggling to do this work but after the breakthrough I said YES this is important and I am making a difference and a contribution to people live.

I had a Supervision with Paul Dorrington on 09/08/2023 when I told him about the breakthrough and me seeing my potential as an Employment Specialist in getting client into Paid Employment. Paul Dorrington said Well Done you are doing very well within the role. I said to Paul Dorrington it was just like you said that I should keep moving forward and helping other people in IPS as an Employment Specialist.

Me and Paul Dorrington had a 2-hour conversation 14.00 – 16.00 about my IPS Caseload, IPS, Employment Specialist. Paul Dorrington was



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explaining to me the important of your work and you are doing very well to support clients into Paid Employment.

In the conversation we started to talk about Business, Entrepreneurships, Public Speaking,

Motivational Speaking, Helping Other People. Paul Dorrington spends 30 Minutes explaining to me about the important of doing Motivational Speaking and Public Speaking. Paul Dorrington said you have got a very deep and interesting story about your mental health recovery and homelessness which can really inspire and help other people. I asked Paul Dorrington questions about why you wanted to do Speaking and share your story to help other people. Paul Dorrington told me that I had a desire and dreams to make sure no one goes through the challenges and experience I went through when I was younger and now my motivation has changed into making a difference and an impact to lots of people. Paul Dorrington explained to me that it is important to help other people, but I have seen for you that you have what it takes to really inspire and help other people.

When I have conversation with Paul Dorrington, we always have deep, powerful conversation. I asked Paul Dorrington one of the most important questions in the conversation with him when we had Supervision. I asked if you were my age (34) what would you do in your life now to get you to your dreams and desires and also being a speaker.

Paul Dorrington said it very clearly to me and said this - "I am not you Christopher but I would tell you what I would do if I was younger" "I would go for my dreams & desires by taking smalls actions everyday towards it because you have to bridge the gap between what you want to become to where you are today" " I would do this pay for Public Speaking Training and start studying now" Paul Dorrington said when you have big dreams and desires you got to plan your smalls actions to get you closer to them that is one of the important things to realize".

I said to Paul Dorrington I have not done any Public Speaking on stages or Motivational Speaking to audience. Paul Dorrington said clearly because you I not taking actions to become a Public Speaker you are waiting for a

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day that would never come unless you start today and take small actions now.

I said to Paul Dorrington but what if I don't have the money to Pay for the Public Speaking

Training. Paul Dorrington said do not worry about finding the money to pay for the Public Speaking Training start now. Paul Dorrington explained this to me you are doing YouTube Videos & Evangelism videos. I said to Paul Dorrington Yes. But this was a very important thing that Paul Dorrington said to me. You are not giving any free talks of Public Speaking or building your brand or building your business or monetize your work. I said to Paul Dorrington clearly No I am not now because I don't know how. Paul Dorrington said to me that you remind me of me when I was younger, I was just like you I didn't know how to do anything. But Paul Dorrington said the important thing is to start now.

Paul Dorrington explained to me that achieving your goals means you need to make a commitment towards putting in the work to achieve them. Paul Dorrington said you could become who you want to be you just need to start taking more actions towards your dreams and desires.

On the 24/04/2023 Paul Dorrington asked me to do a IPS Talks about my story of receiving IPS from Paul Dorrington and how IPS Transformed my life to helping other people in the mental health industry. I gave a IPS talk on 24/04/2023 to all the Employment Specialist within England (UK) and all of IPS Grow. This was a very massive moment for me because my story has inspired me to help other people with mental health conditions and help me to recovery from my own mental health challenges & difficulties. I shared my story on MS Teams to all the Employment Specialist & IPS Grow. What I talk about was when I was younger growing up in South West London (Tooting) Rame Close estate, Church Lane being involved in crime, gangs, robbery, drugs, money, how my negative upbringing cause me to develop a mental health condition of Psychosis, Schizophrenia, Depression, How I lost my home and all of my possessions within a fire in 30/09/2014 and I became homeless, How Paul Dorrington & Karen Meechan help me in mental health hospitals to recovery from my

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mental health conditions, How Paul Dorrington helped me to find Paid Employment using

IPS model and got me into working in the mental health industry helping clients with mental health conditions, How IPS completely transform my life and how it helped me to find

meaning, value, life purpose, How I became an Employment Specialist due to the work that Paul Dorrington & Karen Meechan did for me, Why IPS is important and can change people lives, Why I was so grateful & Thankful to Paul Dorrington & Karen Meechan for helping me when I was 24 - 25 years old to find my life work in mental health industry.

My IPS Talks was a very passionate and emotionally thrilling talk which had the whole Employment Specialists & IPS Grow Team giving me compliments, comments, and congratulations. This was the first time I did a IPS Talks in front of lots of people on MS Teams, but I was very happy and excited that everyone understood my life story and how IPS Transform my life. Paul Dorrington listens to the whole IPS Talk as he was in the MS Teams as I was sharing and giving my IPS Talks. Paul Dorrington said that Christopher Rose is a special client of mine who really had the ultimate dreams & desires to really help other people with mental health difficulties. Paul Dorrington said I am lost for words of how Christopher Rose has grown so much in the last 9 - 10 years in the mental health industry and I am so happy that now he is Employment Specialist working with me.

The IPS talk was very inspiration and motivational and I was growing as a Motivational Speaker/Inspirational Speaker.

Here are some of the IPS Talks testimonials that I received from IPS Grow & Employment Specialist on 24/04/2023.

### **IPS Talk 21/04/2023**

#### **Testimonials. [09:32]**

#### **Michaela Turpin**

Testimonial for Chris Rose: Chris's talk was excellent. He is articulate and engaging. He gave a great balance between the detail of his personal story, linking to wider

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themes, that provided a thread through his narrative and learning to share that we, as his audience, can also benefit from. Chris' talk was very informative and inspiring and on point.

**[09:22] Helen Gilbert - Commissioning Manager**

Chris is a fantastic speaker. He has a very powerful story and is an inspiring role model about hope. So pleased I got to hear Chris speak.

**[09:21] Adele Marshall**

Listening to Chris's story has been incredible...he is articulate and inspiring. Such a fantastic motivational speaker!

**[09:19] COWAN, Abigail (NHS CHESHIRE AND MERSEYSIDE ICB - 12F)**

Listening to Chris was so powerful and inspiring. He is a fantastic speaker and had me gripped and listening the whole way through - thank you for sharing the story of your life so far.

**[09:17] Vidal, Matthew**

Paul is an amazing lead and it a great to work with him Ewart, Denise (Community Central CBU) (External)09:17

Thank you, Chris.....so well-articulated, feel privileged to hear your story. You are a hero and an inspiration.

**MEALIN, Candice (NHS SOMERSET ICB - 11X) (External)09:16**

Thank you for sharing, Chris, your story is helpful for people to hear!

**[09:35] WILCOX, Paul (HEREFORDSHIRE AND WORCESTERSHIRE HEALTH AND CARE NHS TRUST)**

Thank you, Chris, for sharing your story. It was a great balance of information and passion. very thought provoking and inspiring

**Yasmin Begum Feedback & Testimonial**

Hi Chris,

Thank you so much for sharing your story today - it was so beautiful, inspiring, and incredibly passionate.



Well done on your journey - you should be awfully proud of yourself. It takes a lot of bravery to speak up and share your journey with so many people.

Thank you,

Yasmin

Yasmin

Begum IPS

Grow Lead

020 7770

6836

### **Abigail Cowan Testimonial**

Hi Chris,

Thanks for this morning, I had a tear in my eye but hearing what you have been through is what is needed to understand how effective IPS is.

Here's my testimonial for you to use:

'Listening to Chris was so powerful and captivating. He is a fantastic speaker and had me gripped and listening the whole way through. The strength and determination he has shown through his life is truly inspiring - thank you for sharing the story of your life so far.' Best wishes,

Abbie

Abigail Cowan

Partnerships & Transformation Manager –

Mental Health (Wirral Place) 0151 651

0011

abigail.cowan@nhs.net

## **Christopher Lawton (Testimonial)**

Hi Christopher,

It was a pleasure to hear your opening speech at the NHSE IPS workshop on 21.04.2023. Your story is inspiring to hear, but more so the journey and the place you have gotten to.

You were inspirational to hear and so well spoken and clear in regards where you had started your journey and more so the gains you have achieved over the years.

It was a pleasure to meet you and hear your story. We need more individuals like yourself motivating others and working in this sector, you are a real catalyst for change THANK YOU. Kind regards

Chris Lawton

Programme

Manager Integrated

Change Team

Southwest Yorkshire Partnership NHS

Foundation Trust Block 6, Field head, Wakefield,

WF1 3SP. christopher.lawton@swyt.nhs.uk

07385 936230

## **John. Bolland Testimonial**

Hey Chris

My name's John, I lead the IPS Service up in the North of England, CNTW. I know Rash Patel well and know Paul D a little bit.

WOW! You're story this morning on the NHSEI webinar was epic. Hearing you speak with passion and humanity made the hairs on the back of my

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neck stand on end.

You are clearly a hugely talented, engaging, and inspiring man and I would encourage anyone with an opportunity to meet with you and hear your story and experiences to do so as it will

inspire and motivate others, reframe peoples thinking and encourage therapeutic hope and optimism which is critical for recovery.

Also, we record an IPS podcast – would you be up for coming on it for a chat? Very best wishes from up North!

John

John Bolland

(He/Him) IPS

Service Lead

Individual Placement and Support Employment Support

Service Cumbria, Northumberland, Tyne, and Wear NHS

Foundation Trust

St Nicholas House, St Nicholas Hospital, Gosforth, Newcastle Upon Tyne,  
NE3 3XT

**Mobile:** 07583 020 253

**Landline:** 0191 223 2136

**Julia Stapleton**

IPS Grow Lead for London

Chris shared such a wonderfully personal story about his achievements to get where he is now doing a job he loves! He told his story with unflinching honesty and really demonstrated the power of IPS as a recovery intervention. Thanks for inspiring us and reminded us of all the importance of IPS.

**Sue Witty**

Manager in Supported Employment (IPS)

So, heart-warming to hear your story Christopher, you should be so proud of how you've used your own adversity to now make a difference to

others □

After the IPS Talks I realized that I have the skills & abilities to become a very inspiration Motivational Speaker because of my life experience and the passion I have for mental health work, faith, Jesus Christ, God, helping other people.

As an Employment Specialist I was really helping and support clients into Paid Employment which was helping me to become a more productive & effective Employment Specialist. I would have lots of Supervision with Paul Dorrington where we would be talking about IPS Caseload & Job Rentation cases. I realize from listening to Paul Dorrington that I had a long way to go to be a great Employment Specialist but learning every day in the job will help me to grow as an Employment Specialist.

I would also have Employment Specialist Weekly Meetings with Paul Dorrington and all the Employment Specialist Team in Kingston, Sutton, Richmond every Friday from 10.00 – 12.00 which we would discuss our mental health & well-being, Fidelity, Case Studies, Any Other Business. These Employment Specialist Weekly Meeting was a great way to connect with all the Employment Specialist and the Case Studies was great learning about different clients and Employment Situations.

I learn a lot from the Employment Specialist Team, and I was very focused on helping my clients get into Paid Employment.

Being an Employment Specialist is a journey but it can be very rewarding and fulfilling to help clients into Paid Employment. I realize that working with Paul Dorrington was my biggest honor and I learn that being an Employment Specialist is not easy work it is very difficult work but very rewarding.

## **Chapter 11 - Training as A Listening Volunteer at Samaritans**

I have always wanted to be a Samaritans Listening Volunteer due to the support & help I have received from the Samaritans Volunteers. The Samaritans charity means a lot to me, and I am very passionate about the work the Samaritans does for callers who are going through emotional & mental health crisis. My intuition felt that I need to become a Samaritans volunteer because of all the care, kindness, love the Samaritans volunteers has given me from 2014 - Present. When I was truly suffering with serious emotional & mental health crisis the Samaritans volunteers have always been there for me to process my feeling and emotions and listen to me. I realize that the Samaritans volunteers have saved my life so many times due to the long in-depth conversation I have had with the listening volunteers.

I applied to become a Samaritans Listening Volunteer in Central London Samaritans on March 2021 and went to the open day and attend the Samaritans day and had Samaritans Volunteering Interview. Central London Samaritans said that your Volunteering Job Application has been successful, and we would like you to train to become a Listening Samaritans Volunteer. I was so happy when I got the good news that I have been successful to become a Listening Volunteer with Samaritans.

I had to go through a DBS Check and also do Online E-Learning in the Samaritans Volunteering Portal which was very interesting but very intensive because of all the sensitive information about mental health, suicide, serious challenging with client's mental health problems, serious challenging with client's emotional crisis. The Samaritans Online E-Learning was very good I learn so much about myself and people dealing with mental health problems and emotional crisis but also, I realize a lot

of things about myself when I was doing the Samaritans Training which was very triggers for me.

I would do Samaritans Online E-Learning every week and would have to attend Samaritans



Training every week with Senior Samaritans Volunteer & Student Listening Volunteers in Central London Samaritans. The Listening Volunteer training was very intensive, and I was struggling a lot to listen to the callers in the way the Samaritans trains there Listening Volunteers. I realize as I was going through the Samaritans Training that I may not be ready to become a Listening Volunteer yet within my life because I was still struggling with my own mental health problems & emotional difficulties. After 6 - 7 weeks in doing the Samaritans Online E-Learning & Samaritans Training with Senior Samaritans Listening Volunteer I realize that I was not ready to become a Samaritans and maybe it would be a good time to leave the Volunteering opportunity for now because I still need to heal myself and practice more of my listening skills.

I decided that I will leave the Listening Volunteer Samaritans Training at May 2021, but I was very grateful for all of the experience I learn from doing 6 - 7 weeks of Samaritans training. All the Senior Samaritans Listening Volunteer and Student Samaritans Listening Volunteer said good luck and we wish you the best.

I realize from this experience that I need to develop my listening skills more and be more able to handle mental & emotional crisis without taking it personally. I realize that sometimes you cannot rush your learning process and sometime the best thing is to expect that you need to grow & heal before going into a new Volunteering Opportunity.

I realize my dreams & desire of become a Samaritans Listening Volunteer may not happen right now but that doesn't mean I would not try again in the future.

I will always have a dream & desire to become a Samaritans Volunteer, but I realize in my life right now it not the best time to do it.

I am still very passionate about the Samaritans, and I give regular donation to the Samaritans Charity due to all the great work they do for

the callers and clients who need the Samaritans support & help.

## **Chapter 12 - Training as A Speaker at WaterAid**

I wanted to become a Speaker Volunteer within WaterAid because I want to learn how to become a speaker. This was a great opportunity for me to really learn how to become a speaker and go through Speaker training which help me to learn more about helping other people and giving back. I apply to WaterAid in June 2019 and went through the process of becoming a speaker volunteer. I had to do some practice speaking exercises in Volunteering Job Interviews to be able to do the Speaking Training with WaterAid. Once I passed all the Speaking Practices exercises and Volunteering Job Interview, I was then accepted to become a Speaker Volunteer.

I had to do some WaterAid online training E-Learning to learn more about the WaterAid charity which was very interested information and I learnt a lot about the WaterAid charity. As I was doing the WaterAid Online Training I was also doing the Speaker Training with the E- Learning for WaterAid. This was very important because I never had Speaker Training before, and I was new to learning about Speaking Training.

This was very important, and I got my Speaking Training Volunteering Certificate on December 2019 which helped me to understand the important of Speaking and WaterAid. Once I got my WaterAid Speaking Training Volunteering Certificate I was met to then work as a Speaker Volunteer for WaterAid and be able of the WaterAid charity but I didn't get the opportunity to share my WaterAid Speaking Training Volunteering in Events, Conference, Groups, Stages, Schools, Colleges, University talking about WaterAid through being a Speaker Volunteer.

This was ok but I did want to do some Speaking for WaterAid. I stay a Speaker Volunteer for some months without doing a speaker

volunteering. This was a very important lessons, but I learnt that some Volunteering roles can really help you to improve your skills & abilities but

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for me the main important thing was just being a speaker because it was important to do and not doing it for anything in return just to help other people and give back.

I stop doing any volunteering with WaterAid on January 2022 and I decided to not stay with the WaterAid charity due to work commitments and working on business & ministries.

Becoming a speaker has been one of my most important dreams & desires within my life and doing the WaterAid Speaking Training help me to understand the important of Speaking and Volunteering.

I learnt so much from my experience in doing the WaterAid Speaking Training and it has helped me with my Mental Health Careers, Personal Life, Professional Life, Ministry work.

### **Chapter 13 - Going to Church and Praying to Jesus Christ & God**

My faith with Jesus Christ & God has become my most important relationship I have developed within my life since I became a Christian and change from the word of God (Bible). There are many reasons which help me to change my life and become a Spiritual Faithful person for Jesus Christ & God. The main reason for me to change and be with Jesus Christ & God was suffering, pains, struggles, hardships, disappointments.

One thing that really helped me to develop my faith is just believing in Jesus Christ & God and become Spiritual.

I have learnt from writing books, doing audio messages, creating YouTube videos, Evangelism in the streets of London that many people don't talk about Spirituality and the importance of it.

I am not sharing this now in this book about my life to say I have been perfecting all my life with my faith and walk with Jesus Christ & God but I have learnt the **Spirituality**.

Going to church and become a Christian is too important to me personally and for my spiritual life.

I have explained to people, talks to people, help other people, making a difference in people lives to really help people understand one important thing. Spirituality.

Most people don't understand Spirituality. I am not saying that people have religions and are very religious Yes that is ok but that not the important thing for someone who is writing this book about his life.

The Spirituality become everything and more for a Spiritual person & faithful person.

I want people to understand that if you don't understand Spirituality in the work of Jesus Christ & God then you're not able to make your spiritual contributions and difference into people lives.

My Christian & Spiritual Journey started when I was 24 – 25-year-old. I was not always a Christian, I didn't have a faith, I didn't understand Spirituality, but I changed and my life changed. How? This is what happen I lost my home and all of my possessions in 30/09/2014 in a fire which destroy my home and burned away all of my possessions. I had nothing when I came to Jesus Christ & God. I had no relationship, No homes, No Income, No Jobs, No Careers, No Money. Nothing!

This very secret become too surprising to most people that I meet today but my Truth is my truth and it is real very real.

How I changed Spiritually was 2 people who helped me when I was 24- 25 years old. Paul Dorrington (Lead Employment Specialist), Karen Meechan (Clinical Psychologist).

They both helped me when I was mental psychotic and homeless. This has been my reason Why I do what I do every day of my life and the relationship I have for Jesus Christ & God. This is so important to me in my life that I have shared Paul Dorrington & Karen Meechan to most people I know to explain the most important thing. Spirituality. Spirituality.

My life does have lots of difficulties and challenges within it and I am not a perfect person.

- Homelessness
- Abusing family Members
- Mental Health Difficulties
- Break Up in Relationships
- Grandfather losing his life.

- Mother having Breast Cancer



- Motorbike being stolen from Older Brother Property
- Angry Problems

CHRISTOPHER ROSE LIFE STORY

The list can go on from what I have experience, but my life story is really based on 3 people that changed me to write books. Paul Dorrington, Karen Meechan, Jesus Christ & God.

When I went through all the life problems & life challenges, I develop my relationship with Jesus Christ & God more & my faith.

As I started to attend Church in 2 Church, I am apart of Westminster Cathedral, Lighthouse Chapel International and doing regular Prayer & talking with Jesus Christ & God every weekend on Saturday & Sunday. Reading the bible whenever I get a chance & opportunity to read the bible not every day but when I can. I realize that my faith & spiritual life become the most important thing for me.

Being a Christian for me is about developing your faith & spiritual life every day. I realize in my Christian walk with Jesus Christ & God that spirituality become everything and more once you discover the Truth and understand your life purpose and calling in life.

I changed in my life not because I was successful or had lots of money or achieve some greatness for myself no., I changed from 3 people Jesus Christ & God, Paul Dorrington, Karen Meechan.

Going to Church regularly & praying to Jesus Christ & God should be something you do daily or every day. Being a Christian is way more then what people think because you will need to change to do the work for Jesus Christ & God.

The most important things to my real success, prosperity, riches are 1 thing – **Helping Other People**

**Helping Other People - The Most Important Thing**

Learning about Jesus Christ & God has told me to help other people, give back, make a difference, contribute and serve.

My life changed to the Spiritual & Faith life because of Helping Other People & Giving Back. Going to church and believing in Jesus Christ & God has helped me so much within my Spiritual & Christian walk with Jesus Christ & God.

I have tried my best to be a true Christian and live my life honoring Jesus Christ & God in everything I do.

There have been some Bible Scriptures which have really changed my life since I learn them from going to church, reading the bible, and praying to Jesus Christ & God.

The Holy Bible Scriptures which have change my life as a Christian & Spiritual Life

### **John 3:16 NIV**

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

### **Philippians 2:4 NIV**

not looking to your own interests but each of you to the interests of the others

### **John 14:6 NIV**

Jesus answered, "I am the way and the truth and the life. No one comes to the father except through me.

### **Matthew 28:18-20 NIV**

Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age."

When I learn and understand these scriptures within the bible it really helped to grow my faith and believe in Jesus Christ & God much more.

Going to Church for me is a very important thing in my life and I love my

congregation and church family in Westminster Cathedral and Lighthouse Chapel International Battersea. I

have really grown in my faith and Christian life due to going to church regularly and being a part of my congregation.

Spirituality & Christianity is very important to me because of what I have been through in my life and the very horrible negative life experience I have been through.

Being a Christian is more spiritual than anything else and you have to realize that helping other people should become your life work and the main focus in your life.

When I started to really help other people, I felt like I was really living my calling and life purpose in life because helping other people is a vocation and career path to choose.

My faith & Spirituality help me to help other people and give back in my faith life & spiritual life and I really feel like my life experiences has led me to do the work of Ministries and helping other people.

Because I have been a true Christian since September 2014 - Present I realize the powerful of having a faith and spirituality and believing in Jesus Christ & God.

My Christian life & Spiritual life makes me be the person I am today because I have changed Spiritually and now my life is focus on helping other people & giving back.

In my Spiritual life I have become Selfless, and I live the No Self. This is the ultimate spiritual change a person can go through within their life through Spirituality and Spiritual Transformation. From September 2014 - Present I been helping other people for 9 - 10 years within the mental health industry, through YouTube Videos, Through Books & Audios, Through Sermons, through doing Evangelism in the streets of London.

I have helped hundreds & thousands of people from being homeless into

a Spiritual Person. This has become very important for me and makes me realize that Jesus Christ & God has been helping me to help & support all these people who are struggling and going through mental health difficulties.

## CHRISTOPHER

My Faith is the reason why I can help other people & give back and I realize my life experience has helped me to become Spiritual & fulfilled.

I don't help other people because I want something from the work I do. No. I help other people because people need help & support in what they are going through.

My mind has changed spiritually from thinking about myself into just focusing everything on helping other people.

This is because when you discover the No Self & Selflessness you change Spiritually, and you realize that your life is not about you!!! It about the people you help & support and the difference you make.

I always think about Jesus Christ Ministry when he was on earth and how Jesus Christ was healing, evangelizing, preaching, teaching, ministering, caring, helping other people.

My faith & Spirituality has change me completely into the No Self & Selflessness.

**No Self** - Helping Other People, Spiritual Contributions

**Selflessness** - Helping Other People, Not Thinking about yourself when helping other people.

## **Chapter 14 - Building Christopher Liam Rose Ministries and Doing the Evangelism Ministry**

I started to build the Christopher Liam Rose Ministries for my faith & Christian life for Jesus Christ & God. My focus with Christopher Liam Rose Ministries is to build the church and get people closer to Jesus Christ & God. I first started to really create Sermons, Videos, Audio on Christopher Liam Rose Ministries YouTube Channel to help spread the Gospel of Jesus Christ & God online. This was very important to me because I have always

had the ability and skills to create Videos, Audios, Text, Words, Pictures & Content online because of my life experience in Creativity & Music.



I create the official Christopher Liam Rose Ministries YouTube channel in August 25 2022 to spread the Gospel of Jesus Christ & God Worldwide through online content.

My YouTube Presence has become very important in my work in Ministries work because I have always been working on YouTube since 2010 - Present and I have created thousands of YouTube Videos online.

In my Online Content for Christopher Liam Rose Ministries, I have lots of different types of Videos.

I have Audio, Videos, Sermon, Evangelism, Messages content on the YouTube Channel. I have tried my best to create YouTube Videos every day on Christopher Liam Rose Ministries to build the Ministry and the build the YouTube Channel.

Christopher Liam Rose Ministries is all about spreading the gospel of Jesus Christ & God to people worldwide and help people to find their faith in Jesus Christ & God.

As I started to make online content for Christopher Liam Rose Ministries, I made a decision to start recording & filming my Evangelism when I preach the Gospel of Jesus Christ & God on the Street of London. This become my Evangelism Ministry and I would go out on Evangelism every week in different locals in London preaching the Gospel of Jesus Christ & God.

Evangelism is a Spiritual thing I do because of my life experience, and I felt called to be an Evangelist because of my faith & spirituality.

I have evangelism in most locals in Southwest London & have recorded & filmed all my Evangelism which is now on my Christopher Liam Rose Ministries YouTube Channel.

Evangelism is part of my calling and I believe being an Evangelist is one of my highest honors for Jesus Christ & God.

I really become very Spiritual when I start preaching Jesus Christ & God in

my Evangelism. The evangelism I have done has been very sacred and special because I have a nature ability to preach and share the gospel of Jesus Christ & God.

## CHRISTOPHER

Being an Evangelist is the most important work I do in my life and I don't take it lightly, I am very serious in my preaching & teaching in Evangelism.

The reason why I started to record & film all of my Evangelism is because there is a massive gap between people who believe in Jesus Christ & God and people who don't have a faith and don't go to church. My recording & filming of Evangelism is my way to get the gospel of Jesus Christ & God spread to as many people as I can through Online Videos & Online Content.

My Evangelism has helped me to grow from a quiet Christian into a Spiritual Teacher of the Gospel of Jesus Christ & God.

I would encourage every Christian to do Evangelism if you believe in Jesus Christ & God and preach the gospel to people on the streets.

### **Romans 10:17**

So, then faith comes by hearing, and hearing by the word of God.

I realize the more I preach & teach about Jesus Christ & God to people everywhere around the world the more people will hear the word of God. Faith always comes by hearing the word of God first.

Christopher Liam Rose Ministries is at the beginning stages of its church & growth but every day we are working hard to spread the gospel of Jesus Christ & God every day.

I want to build Christopher Liam Rose Ministries into a worldwide ministry that helps millions of people find Jesus Christ & God.

My spiritual relationship with Jesus Christ & God is very important to me and I know I am called to preach the Gospel of Jesus Christ & God to people worldwide.

## **Chapter 15 - Christopher Liam Rose Creating Spiritual Music**

I have always been very passionate about Music & Creativity since I was younger, and Music has a special place in my heart because I love all types of Music and really enjoy listening to Music. When I was younger, I founded a Music Company called Starz Gang Rockstarz (SGR) which was an independent music business which was focus in creating unique, creative, positive music, media, entertainment. In the SGR business I was the founded of the Music Company, but I was also a Rapper, Producer, Musician within the company. I was so passionate and driven about music that I wanted to create music everyday through the SGR business. The music I created when I was younger was all about my life experience growing up in Tooting (Rame Close) Church Lane and all the life experiences I went through at that time in my life. I would create all different types of music as a Musician in SGR from Hip-Hop, Rap, RnB, Christian Music.

My music was an expression of my life and what I have experience but has as I was creating music everyday recording music in my Home Studio and going through different life experiences my music slowly started to change into more Spiritual Music.

The music changed because I went through a very serious life experience in 30/09/2014 where I lost my home and all of my possessions within a Fire which burn everything away and I loss everything I had from possessions & materialism things.

Once I went through this life changing experience, I became a more Spiritual person and started to believe in Jesus Christ & God. Before the fire & losing all my possessions I wasn't in faith and didn't have a religion of Christianity. I was just a Musician & Founder of SGR and was creating

music every day.

The loss of my home & all my possessions helped me to start looking at my life and going more inward towards my feelings, emotions, intuitions, spirituality. I realize in my life that I have made a lot of mistakes and done a lot of things that I wasn't proud of, and I needed to repent and change my life completely to faith, Jesus Christ, God.

At this time in my life, I was going through a Spiritual Awakening & Spiritual Transformation due to the loss of everything. Jesus Christ & God was working in my and changing me Spiritually into a different person.

I realize the past life of Gangs, Women, Drug, Shisha, Tattoos, Alcohol, Friends, Family, Girlfriends, Gangsters, Crime, Violence would all need to change into Spirituality.

Before the fire of losing my home and all my possessions I knew that this was going to happen to me due to spiritual visions and signs from the universe which I wrote in a book called Miracles. I create a series of videos on my old SGR (Reckyz Rose) YouTube channel called Imperfections to Perfections (Repetition).

### **Imperfection - (The Past) I = Conflicts (Part 1)**



### **Imperfection - (The Past) I = Conflicts (Part 2)**



### Imperfection - (The Past) I = Conflicts (Part 3)





## Imperfection - (The Past) I = Conflicts (Part 4)



## Imperfection - (The Present) Unknown = Change & Choice (Part 5)



## Imperfection = Perfection (The Future) No I = No Conflicts (Part 6)



Once I created these videos on Reckyz Rose (SGR) YouTube Channel I discover a Spiritual Revelation that I must become a person of Truth & Spirituality. God & Jesus Christ gave me

the Spiritual Vision to look into the Future and be a true creator of Music, Creativity, Positivity. After these videos my life completely change Spiritually and I realize my work is to really help other people, give back and make a difference.

When I was homeless and going through mental health crisis 2 people helped me to recovery from my mental health conditions & homelessness. Their name was Paul Dorrington & Karen Meechan. They both helped me to recovery from my mental health difficulties.

After the fire and being homeless I changed as a person spiritually and I realize once I get the opportunity to create music again, I would need to create spiritual music.

When I was in a better situation mentally, spiritual, physical I realize I need to start creating music again and be a Spiritual Musician. This is when my music changed, and my musician abilities and skills changed. I knew my life was now about helping other people and changing the world in some way.

I created so many Spiritual Music Albums which make me become a very Spiritual Musician.

- Giving it all to God
- Suffering
- Truth
- Jehovah & Jesus Christ
- Born To Do Music
- The Musical Ministry
- Vulnerable
- The Different People

- Influential
- Self-Therapy

- With God
- God Is Everything
- The God Revolution
- From Being Homeless to Helping Other People
- Black Star Legend
- The Spiritual Musician
- The Spiritual Musician 2
- The Spiritual Musician 3
- Only For Jesus Christ & Jehovah
- Gospel Music (Volume 1)
- Gospel Music (Volume 2)
- Gospel Music (Volume 3)
- My Letter to Jesus Christ & God (Single)
- The Spiritual People
- My Spiritual Story (Official Single)
- Change (Volume 1)
- Change (Volume 2)
- Change (Volume 3)

The music I was creating now was about Spirituality, Jesus Christ & God, Helping Other People, Selflessness, No Self, Revolution, Change, Revelation, Future.

All my Spiritual Music Albums has deep meaning & value to them because they are all talking about being with Jesus Christ & God and become Spiritual.

My music has completely change into Spiritual Music which is really all about spreading inspiration and trying to help people to change their life and live their spiritual life purpose.

The music I create now is very spiritual and I believe by listening to the lyrics & music people lives with change for the better.

My life experience has changed me into a Spiritual Musician who really want to inspire people and bring change & hope in the world.

The spiritual music is also my way of healing my past trauma and negative life experience I have always believed that the music I make now its true therapy and self-acceptance.

Spiritual Music is the future, and I am a musician who is going to Spiritually go all out to create the music industry into creating more true, conscious, spiritual music. As I have grown as a Musician & Artist the SGR Business has also grown with me and Now SGR Business is about inspiring the next generations of Musicians, Rappers, Singers, Creators, Music Producers, Entertainers, Artist.

My main life purpose has a musician is to create change & freedom in the world by spreading the truth and love & peace through my music and artistic expressions.

My faith has also given me the ability & skills to create Gospel & Christian music which is linked to Spiritual music and Spirituality.

As a Musician I am focus on spreading the Gospel of Jesus Christ & God and create Spiritual Music that will live on forever and forever.

My spiritual life & faith has change me into a Spiritual Musician and I have devoted my life to helping other people through Music, Arts, Positivity &

Creativity.

## **Chapter 16 - Christopher Liam Rose Changing into Living for Jesus Christ & God**

I have changed my life to live for Jesus Christ & God because of the suffering, pains, hardships, challenges, disappointments, struggles I have experiences. My Faith has become the most important thing in my life and I am truly grateful and honor to be living now for Jesus Christ & God. I have always been a very spiritual person who believe in Jesus Christ & God and my faith has been a very important thing for me to build my relationship with Jesus Christ & God.

I have a very serious prayer life where I spend some 20 minutes at Westminster Cathedral spending time with Jesus Christ & God on Saturdays & Sundays, in my prayer I normally pray about helping other people & giving back and Jesus Christ & God always answer my prayers. Prayer has become an important habit I do every weekend (Saturday & Sunday) to give thanks to Jesus Christ & God and to really build my relationship spiritually with Jesus Christ & God.

I realize that I am changing more into a Spiritual Person and a Spiritual Evangelist. There is a Scripture in the bible that has changed me spiritually called Philippians 2:4 NIV- not looking to your own interests but each of you to the interests of the others. I have lived my life focusing on this scripture because it helps me to realize that I am Spiritual Person who want to devoted his whole life to Jesus Christ & God by focusing my ministries work on helping other people & giving back.

I go to church in lighthouse chapel international (Battersea Branch) where I am a part of the congregation. My pastor's reverend T & Reverend Archie has been ministering & pastoring my church for many years which has spiritually grown me as a Christian & in Faith. I really enjoying going to church because it moves me emotionally & spiritually and



**CHRISTOPHER**

I am always learning powerful scriptures & teaching from my church. My Pastors have helped me to develop my relationship with Jesus Christ & God and has shown me the important of Salvation and being born again.

I am always reading & listening to Dag Heward Mills (Founder of Lighthouse Chapel International, Pastor, Evangelist) which always helped me more learn about Jesus Christ & God. Dag Heward Mills is my Spiritual Father in faith, and I am always blessed to listen to his sermons, preaching, audio messages, teachings. Dag Heward Mills has shown me the important of Ministry and what I need to do for Jesus Christ & God.

I have quiet time and read my bible when I can. Learning the word of God and reading the scriptures help me to develop my faith and grow with Jesus Christ & God. Reading the bible is something I do when I can I don't read the bible every day because I am not perfect but when I read the bible it is time well spend.

My change in my life has been so amazing and great that I am a truly blessed person because I know the lord is working in my to do the work of ministries and helping other people.

I have changed Spiritually (Anointing) to do the work I am doing for Jesus Christ & God through Christopher Liam Rose Ministries. I am very passionate about Evangelism & preaching the gospel of Jesus Christ & God.

I realize that God & Jesus Christ changes you spiritually once you understand your salvation and you have been saved by the Lord of Lords & we are all children of God.

Church has become an important part of my life and I really enjoying learning about Jesus Christ & God.

I have realized in my walk with Jesus Christ & God my Evangelisms has grown and become much better due to the Holy Spirit and the Anointing. I am realizing that Jesus Christ & God is everything to me and I want to live my life honor my Lord and doing the work in Ministries.

Changing for Jesus Christ & God has not been easy to do but it has been worth it, and I am still on the journey of becoming more spiritual & faithful.

My biggest lessons I have learn is - Give Your Life to Jesus Christ & God today!!!! Never Look Back.

I have change in so many ways which is amazing to believe due to the presence of Jesus Christ & God on my life and my relationship I have built with Jesus Christ & God.

I am now an Evangelist who does the work of Ministries and this has been the biggest fulfilment and rewards I have ever experience in my life.

Being an Evangelist is so important to me, and I love Jesus Christ & God for what they did for me and how they have giving me salvation & freedom.

Preaching the Truth has become part of my life and now in my life I share everything about myself to help me see the truth of the change of Jesus Christ & God in my life.

My faith has also changed me to No Self & Selflessness which has been very fulfilling. My life is now focus on helping other people, music, faith.

## **Chapter 17 - Christopher Liam Rose Changing into Living the No Self and Selflessness**

The way I changed my life from living the No Self and Selflessness was by helping other people, giving back, and making a difference in people lives. I have been very passionate about helping other people ever since I was made homeless due to losing my home & all my possessions in 30/09/2014. When Paul Dorrington & Karen Meechan helped me when I was homeless and mentally psychotic in mental health hospital, I realize I had a massive desire, dreams, ambition to help other people and give back. My work in the mental health industry started shortly after I met Paul Dorrington & Karen Meechan in 2014. As I was helping other people within the mental health industry and support people in what they were going through my life slowly began to change in many ways.

My focus was not about me anymore or my success & accomplishments because it wasn't very important to me due to me being focused on helping other people and giving back.

As I started to learn more about my Faith & Spirituality, helping other people within the mental health industry, helping other people with YouTube Videos, Books, Audios, Sermons, Doing Evangelisms in the streets of London I realize something has changed in my Spiritually which I call the Anointing & Holy Spirit. I have changed completely as a person now and my life that I live now is really a Faithful & Spiritual Life.

Changing into the **NO SELF & SELFLESSNESS** has not been an easy thing to do because I have experience overwhelming suffering and pain to get to this point in my life but my Faith & Spirituality has changed me from a Homeless, mental health difficulties person into something that help other people & give back Selflessly & Spiritually.

The main cause of me becoming the No Self & Selflessness was because I loss everything in my life that I found important to me my home, my money, my friends, my relationship, my possession, my identify, my life in 30/09/2014 which gave me no option by to surrender me

life for a life purpose bigger than myself which was to help other people, give back and make a difference in people's lives.

My encourage for people who really want to understand No Self & Selflessness is to help other people in what they are going through every day. The more people you help & support the more spiritual and selfless you become.

There is a quote that I created which I live by – ITS NOT YOUR PROBLEMS THAT MAKE YOU WHO YOU ARE, IT'S THE PERSON YOU BECOME THAT MAKE YOU WHO YOU ARE.

Most of life experience and challenges sometimes help you to become who you really are. Spiritually you grow as a person and your problems make you humble, compassion, empathic, kind, caring towards other people.

There is something about living through serious life experience that Transform your life in every way.

I discover the No Self & Selflessness when I was 24 – 25-year-old due to all the life experience I went through. I realize that the more pain I go through the more spiritual I become and the life problems that I have face have been life lessons.

I don't look at all my life problems as challenges, I look at my life problems as Serious Learning Lessons.

When I changed into the No Self & Selflessness, I couldn't think about myself anymore or all the life experience I went through because this would destroy me and really upset me. My only option within my life was to move forward and help other people in what they are going.

NO SELF to me is a Spiritual Transformation when your life is not about you anymore it about what you can give and how you can help other

people. NO SELF is a life of Spiritual Contributions towards others.



There has been 2 Scriptures within the Bible which I have learnt that helps to explain the Spiritual Change of No Self & Selflessness.

**Philippians 2:4 NIV**

not looking to your own interests but each of you to the interests of the others

**Matthew 10:39 NIV**

Whoever finds their life will lose it, and whoever loses their life for my sake will find it?

When I learnt these 2 Scripture in the Bible and did the work of helping other people for 9 - 10 years then I realize the Spiritual Change that happen in my life. These Scriptures help to explain the No Self & Selflessness.

When I changed spiritually & selflessly, I realize my Spiritual Life Purpose was to explained the important of No Self, Selflessness, Helping Other People.

The important thing I realize from my spiritually change is that you need to help other people, give back and make a difference to really discover the No Self & Selflessness.

My Life Mission is to live the No Self, Selflessness and Live for Jesus Christ & God by helping other people every day and helping other people worldwide through ministries & vocations.

When you live the No Self your life will be a life of Truth & Freedom.

The No Self helps you to realize your free from the known & your spiritually enlighten. For me the Truth become the most important thing and Spirituality.

## **Chapter 18 - Living Spiritual Life Purpose & Calling**

I have learnt so much from the support & help I received from Paul Dorrington & Karen Meechan when I was younger dealing with mental health difficulties and homelessness. But

I learnt something so important which has helped me in all part of my life and completely change me from homelessness and mental health difficulties into a Spiritual Person. This was the main life lesson I learnt from Paul Dorrington & Karen Meechan – **Helping Other People & Giving Back.**

When I learnt the important of helping other people & giving back from Paul Dorrington & Karen Meechan then my life completely change into helping other people and giving back.

It took me a few years to really discover my life purpose and calling within my life because I was lost and going through much suffering and pain. But the life lessons I learnt from Paul Dorrington & Karen Meechan has completely change me into a Spiritual Person.

Before I discover my life, purpose and calling in helping other people and give back, I was going through mental health difficulties from 15 – 25-year-old. This was a very challenging thing because I was very lost and going through lots of serious life challenges which really destroy me and make me vulnerable and lost. But it was when Paul Dorrington & Karen Meechan helped me when I was mentally psychotic and homelessness and discover true meaning & value which I never ever experience before I met these two people.

When I was 25-year-old I started to build my career within the mental health industry helping other people with mental health problems. As I was learning and building my career within mental health industry, I learn to importance of helping other people & giving back.

This was my Spiritual Motivations & Spiritual Inspiration which really motivated me and encourage me to want to help other people and give back.

I have been working in mental health industry for 9 – 10 years which has helped me so much to help other people and make a difference. From the

life lessons I learn from Paul Dorrington & Karen Meechan, it motivated me and helped me to stay driven because of the help & support I received from Paul Dorrington & Karen Meechan.

From helping other people and giving back my life was changing spiritually, and I was learning so much about helping other people & give back.

I didn't want to do anything based on money, houses, cars, friendships, relationship, family because this was not my motivation for helping other people & giving back.

Helping Other People really helped me to find my life purpose & calling.

For me it was always about helping other people & giving back nothing else for me because anything else had no important at all to me and didn't motivate me in any way at all.

This was very important for me to learnt when I was 25-year-old because this has motivated me to do all the work I am doing today. When I was younger 25-year-old I was not supporting or helping other people because I was lost and going through serious life problems.

I discover my life purpose & calling from helping other people because this is what my life has become today, and it has been focused on helping other people and making a difference.

My life Purpose & Calling has been a few things for me to learn and understand in my life.

- Evangelist
- Musician
- Teacher

These are the 3 roles that have really motivated within my life to really help other people, give back and make a difference.

Being an Evangelist is for my Spiritual & Faith life because of my relationship with Jesus Christ & God & Spirituality

Being a musician is for my creative life because I was a musician before I was helping other people & giving back

Being a teacher is for educational & teaching life because I need to teach people about Helping Other People, No Self, Selflessness

My Life Purpose & Calling has all been discover when I was 25 years old going through homelessness & mental health difficulties.

It is like I have been explaining in this book –

Paul Dorrington & Karen Meechan (My Spiritual Motivation) Jesus Christ & God (Spirituality Motivation)

Dag Heward Mills (Spiritual & Faith Motivation)

My life purpose & calling has been very serious for me, and I do come at a very serious price which has been a very serious life challenge and life problems for me. But I learnt so much about helping other people & giving back from Paul Dorrington & Karen Meechan which completely change my life in every way.

I want you to understand that it was not my success, achievement, accomplishment that makes me who I am as a person.

It is the life problems I have gone through and life challenges I have experiences that make me who I am, but I do understand the important of SPIRITUALLY CHANGING.

What I have learnt from being a Spiritual person is really understanding SPIRITUAL TRANSFORMATION

The Spiritual Transformation is the thing that has change me into the Spiritual Person which

**CHRISTOPHER**

has helped me to really understand the important of helping other people & giving back.

The Secret for me has been this 1 thing in my life for helping hundreds and thousands of people with mental health difficulties and mental health problems has been this.

**SPIRITUALITY - HELPING OTHER PEOPLE - NO SELF - SELFLESSNESS**  
**John 3:16 NIV**

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

**Philippians 2:4 NIV** not looking to your own interests but each of you to the interests of the others.

This has been so important in my life purpose & calling and is the main reasons and motivation for helping other people & giving back.

I learn every day from helping other people and I have learnt from the Bible Scripture that I have shared in this part of the books.

Your life purpose and calling has got nothing to do with money, houses, cars or any materialism thing. No. Your Life Purpose and calling is what you need to do with the world & universe while you are on earth and this is way more important than family, friends, relationships, houses, cars, money.

For me discovering my life purpose & calling came at losing everything I had my home, my possessions, my friendships, my relationships, my money, and all of the materialistic things.

There is a Bible Scripture in the Bible that help to explain the losings and suffering I went through to discover my life purpose & calling.

**Philippians 1:21**

*For to me, to live is Christ and to die is gain (Serious Bible Scripture)*

This Bible Scripture explains everything to me clearly and has been a Serious Bible Scripture but a very important life lesson. TO LIVE IS CHRIST – TO DIE IS GAIN.



For me this is the price that I had to understand for myself as being a Spiritual Person because if I don't die to all these Materialistic things, houses, cars, money I wouldn't gain Jesus Christ.

So, this Bible Scripture is a Warning but has so many important life lessons for me

Living for Jesus Christ has been more important thing personally for me than anything else because I has lost and die to materialistic things and I never ever want money, houses, cars because it doesn't matter as much as my Spirituality & Faith.

Life Purpose & Calling are both linked as one thing once you discover your life purpose then you discover your calling.

You need to learn the important of helping other people and giving back to learn your calling.

Your calling become a Spiritual thing and it cannot be place for any money, house, cars, friends, relationship, family. No, No, No

Life Purpose & Calling is Spiritual.

## **Chapter 19 - Becoming A Spiritual Evangelist**

I wanted to become an Evangelist because I know what Jesus Christ & God has done for me within my life and my spiritual life & faith life lead me into doing Evangelism. Becoming an Evangelist was all about honoring Jesus Christ & God and living my spiritual life purpose & calling. I became an Evangelist because the Gospel of Jesus Christ & God must be shared to all people around the world and The Gospel for Jesus Christ & God will bring people salvation and Spirituality.

I knew that become an Evangelist would be the most difficult life challenge for me but the most important work I do within my life.

There have been many reasons why I enter into Ministries and do the work of Jesus Christ & God but the main reason was because when I was homeless in 30/09/2014 and didn't have faith or religion, my life was in a negative destructive way which cause me deep suffering and pain. I realize the only real-life choice and decision I can make is to become an Evangelist and believe in Jesus Christ & God. Once I came out of homelessness and recovery from my mental health conditions from two people who helped me Paul Dorrington & Karen Meechan then I made a life decision to become a Christian and give my life to Jesus Christ & God.

Becoming An Evangelist was part of my Spiritual Journey and Christian life. I realize I had a very good desire & ambition to speak and talk with people because I was working in the mental health industry for 9 - 10 years supporting people with mental health difficulties. Being a speaker was always my ambition and motivation because I could help lots of people and really preach the gospel of Jesus Christ & God.

I remember the day when I first ever started my Evangelism Ministry, I was at my mother house because I wanted to see my Mum and Family

**CHRISTOPHER**

and at around 02.00 – 03.00 am I was watching TBN UK and there was a Pastor on Television talking about Jesus Christ & God and

your Salvation is to preach the Gospel of Jesus Christ & God. As I was watching this Pastor on TBN UK preaching about the Gospel of Jesus Christ & God I had this intuition feeling in my mind and body that I need to preach tonight and do some Evangelism. At first, I never knew that I could be an Evangelist and preach the Gospel of Jesus Christ & God. But after watching that Pastor preach on TBN UK I realize that this is my future and calling in life and I need to follow the Holy Spirit and preach to people about Jesus Christ & God. That night I started my Evangelism Ministry for the first time ever preaching to people about Jesus Christ, God, Salvation on the bus and in the streets of Streatham & Norbury. As I was talking to non- believer and non- Christian in the community, I realize the important of Evangelism and being a witness for Jesus Christ & God. That night completely changes my life and my spiritual path into becoming an Evangelist and preaching the Gospel of Jesus Christ & God.

As I grew spiritually as a Christian and my faith grew, I knew deep down that I need to stay on the path of become an Evangelist and preaching to people. I did lots of different Evangelism after my first time in different areas in London & Southwest London and sometimes I would do Evangelism after I finished work.

My spirituality and my faith grew so much when I became an Evangelist and I realize that Jesus Christ & God has saved my life to preach the Gospel and without being scared or frighten about what people thought about me and my preaching.

I continue to attend church regular in Lighthouse Chapel International and started to attend Westminster Cathedral. I would be studying the word of God and I would pray to Jesus Christ & God regularly.

I was so passionate about Jesus Christ & God and the love & compassion they have shown to me within my spiritual life & faith life that I wanted to find a way to grow my Evangelism Ministry and really help more

**CHRISTOPHER**

people in faith & spirituality.

**CHRISTOPHER ROSE LIFE STORY**

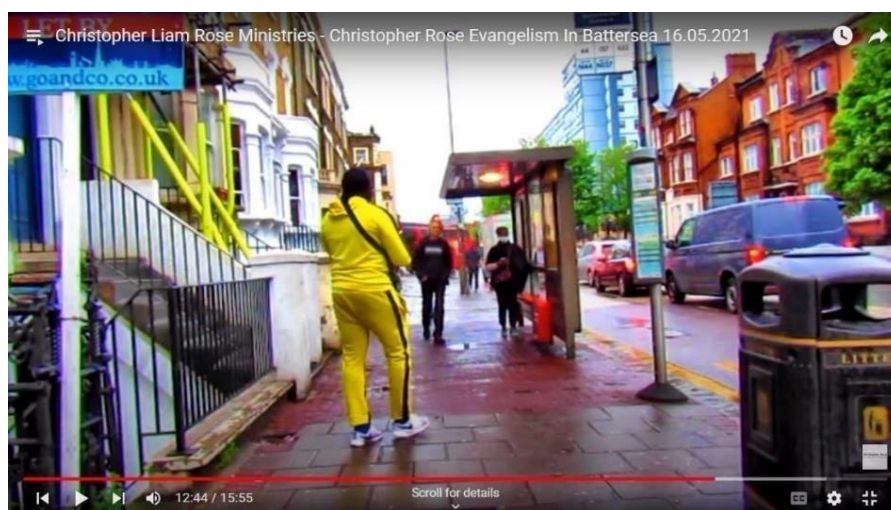
One day I had a great Idea to start recording my Evangelism on my Camera and film me evangelism and preaching to people in the streets of London. I believe this idea was a gift from God showing me that your need to build the Evangelism Ministry more and start sharing all your Evangelism online.

As this idea was such an amazing Idea, I said to myself how would I be able to record and film all of my Evangelism and then I realize I already had Digital Camera, Tripod and Camera equipment to make this happen.

My first ever recorded Evangelism was in Battersea (Where I live) on 16/05/2021.

I recorded the Evangelism, and this was the start of my Recorded Evangelism Ministry

### ***Christopher Liam Rose Ministries - Christopher Rose Evangelism in Battersea 16.05.2021***



When I recorded my first ever Evangelism Video, I uploaded it on my YouTube Channels to spread the Gospel of Jesus Christ & God. This was a vital & important moment for me in my life because I knew my Faith & Spiritual Life lead me into doing Evangelism and working for Jesus Christ & God.

I realize as an Evangelist I had the talent & gift to speak and shared the gospel of Jesus Christ & God in a powerful way. My focus for Evangelism was to help people find their relationship with Jesus Christ & God.

I understood that my life purpose & calling was to be an Evangelist and preach the Gospel to Jesus Christ & God.

Since my first ever recorded Evangelism, I started to really spiritually go all out!!! And do evangelism all the times on the weekend when I wasn't working.

I also was building my faith & spiritual life in Ministries and Church where I would read the bible, listening to Dag Heward Mills, Joyce Meyer, Joel Osteen Sermons & Preaching, Praying to Jesus Christ & God, Spending time in Nature & Silence.

This helped to grow me into an Evangelist and become a better speaking and Evangelist in preaching the Gospel of Jesus Christ & God.

I have been Evangelism on the Streets of Southwest London for many years now and I have done over 40 – 50 Recorded Evangelism which are on my YouTube Channel. (Christopher Rose) & (Christopher Liam Rose Ministries)

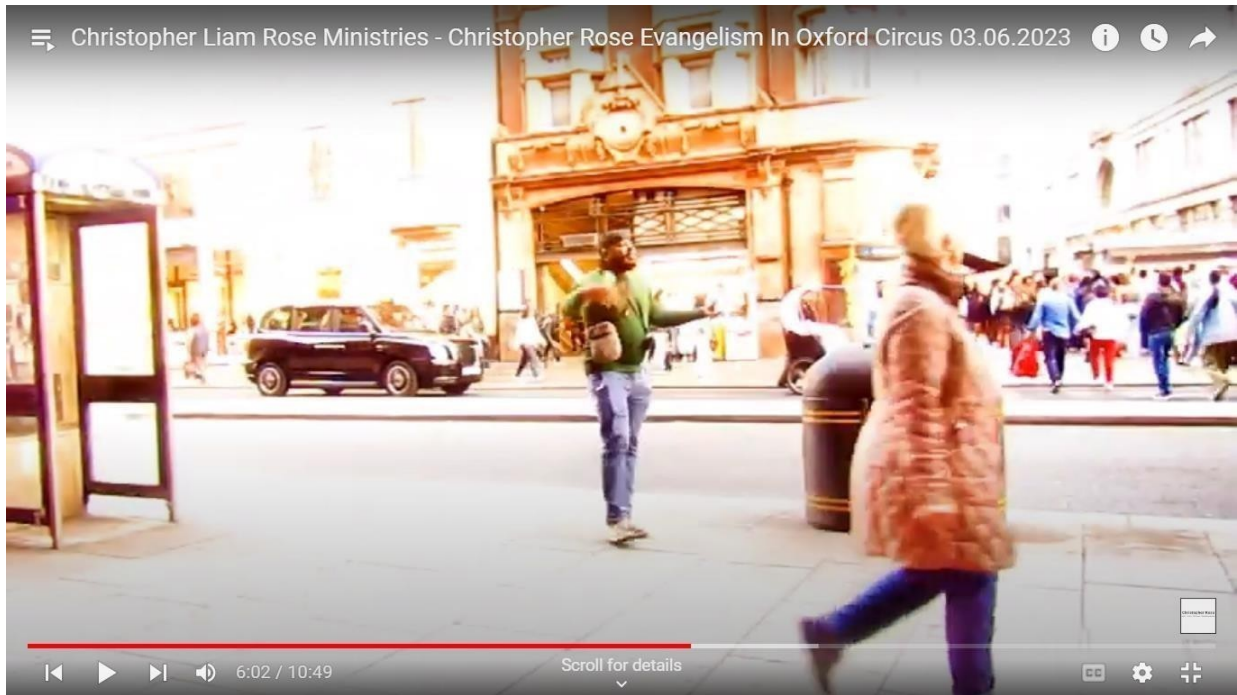
***Christopher Liam Rose Ministries- Christopher Rose Evangelism In Battersea  
31.07.2023***



***Christopher Liam Rose Ministries- Christopher Rose Evangelism In Oxford Circus  
03.06.2023***



## CHRISTOPHER CHRISTOPHER ROSE LIFE STORY



### ***Christopher Liam Rose Ministries - Christopher Rose Evangelism in Vauxhall 09.04.2023***



What really inspired me to become an Evangelist was 3 Bible Scriptures which helped me realize the important of Evangelism and preaching for Jesus Christ & God.

### **John 3:16 NIV**

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.



**Philippians 2:4 NIV** not looking to your own interests but each of you to the interests of the others.

**Matthew 28:18-20 NIV**

Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age."

The true secret to my Evangelism Ministry is these bible scriptures and the suffering I have been through as a Human Being.

I learnt from being an Evangelist is that your life is about others and not about yourself. Helping Other People in Evangelism for me is my biggest honor and appreciation for Jesus Christ & God for saving me in 30/09/2014 from Fire which burned all my possessions away.

**Chapter 20 - Starz Gang Rockstarz (SGR)**

I founded Starz Gang Rockstarz (SGR) in 2010 because I had a massive passionate and desire to create a Music Company where I can create Music as a Musician, Rapper, Singer, Music Producer. Starz Gang Rockstarz (SGR) is an independent Music Media Entertainment Company. SGR is driven to create quality unique music, media, entertainment for people to enjoy and really love. SGR is passionate about the content they create and want to bring people together to enjoy music, media, entertainment in a positive, creative way. SGR is going to become the largest independent music, media, entertainment company internationally and we want to inspire the next generations of Musicians, Rappers, Singers, Songwriters, Music

**CHRISTOPHER**

Producers, Entertainers, Content Creators. SGR movement is always

about spreading & sharing Love & Peace within the world through showing are artistic expressions.

I wanted to create SGR because of the passionate I have for Music, and I wanted SGR to be a Music Company that shared Love & Peace all over the world through Music & Artistic expressions. We I founded and created SGR it was just me at first doing all the Music and releasing my music on YouTube on Reckyz Rose YouTube Channel and on Datpiff, Soundcloud music websites. I was an independent Music Artist create Music for the SGR Music Company. As my music and reputation grew in the SGR company I started to work with independent Rappers, Music Producers, Singers who was also looking to make it in the music industry.

Reckyz Rose YouTube Channel grew from 0 Subscribers into 1000 Subscribers in a few years through consistent work that I was doing for the SGR Company. I wanted to focus the music I was creating on building an audience of true fans & followers that would help support the SGR Music Company.

Starz Gang Rockstarz (SGR) was the first ever business I created and was a very important part of my musical journey and entrepreneurship journey. When I was 20 - 25-year-old I spend all my time working on Music Albums, Mixtapes, Eps, Singles and would create music content every single day. I invested lots of my personal savings & finances into the SGR Music Company and try my best to come a Successful Rapper, Musician, Music Producer, Singer in SGR.

Music was my life from 20 - 25-year-old and I spend 5 years trying my best to grow SGR Music Business. Working as a Musician was very rewarding and fulfilling because I was creating original music for my SGR Fans & Followers.

As the SGR grow into a more established independent Music, Media, Entertainment Company I started to hire & recruited new music artists, rappers, singers, songwriters, music producers, entertainers, content

creators into SGR.

## CHRISTOPHER

Some of the Music Artist & Entertainers I recruited to SGR was Jan Conrad (Music Producer & Music Composer), Bigdigga (Music Producer), Engenhero42 (Entertainers), Pqvimana (Entertainer).

As I grew the SGR Team in SGR, we would all started create content online on our YouTube Channel and market, advertise, promote SGR to true fans & follower on YouTube & social media.

As a Musician I create lots of Albums, Mixtapes, Eps, Singles for SGR Music Company which helped to share the SGR Brand to lots of people worldwide.

### **Christopher Liam Rose Music Discography (Albums, Mixtapes, Eps, Singles) #SGRMUSIC**

1. Star Zone Mixtape
2. Mr Sweetheart Volume 1 Mixtape
3. Rap Zone Mixtape

4. Freestyle Zone Mixtape
5. Cool Zone Mixtape
6. Positive Zone Mixtape
7. Not Written
8. SGR Starz Beats (Volume 1)
9. Star-crossed (with Bigdigga)
10. SGR Starz Beats (Volume 2)
11. Grinding Too Hard (With Mike B)
12. SGR Starz People
13. SGR Starz Beats (Volume 3)
14. Galaxy Starz Ship Music (with Smiley on the beats)
15. SGR Starz Beats (Volume 4)
16. Mr Sweetheart Volume 2 Mixtape
17. Perfection
18. Perfect Perfection Production
19. Real Gz Do Real Things
20. Acapella
21. Walking Away
22. Grinding & Hustling Forever
23. Mr Sweetheart Volume 3 Mixtape

- 24. Street Paradise
- 25. Tooting Star
- 26. Tooting Rockstar
- 27. Past Present Future
- 28. Heaven Sent
- 29. Living Forgotten Legend
- 30. Music Is My Life
- 31. Different
- 32. Give More
- 33. Life
- 34. Blacknairs
- 35. Rockstar Life
- 36. My Story
- 37. Past
- 38. Freedom Love Peace
- 39. God is Love – Love Is God
- 40. God Will

- 41. In Jesus Name 42. Jesus
- 43. Remember Me
- 44. We Will Change the World
- 45. Thank You God
- 46. Repent
- 47. Game Zone
- 48. Masterpiece (With Jan Conrad & Bigdigga)
- 49. Heaven Or Hell
- 50. SGR Superstars Beatz (Volume 1)
- 51. SGR Superstars Beatz (Volume 2)
- 52. SGR Superstars Beatz (Volume 3)
- 53. SGR Superstars Beatz (Volume 4)
- 54. SGR Starz Beatz (Volume 1)
- 55. SGR Starz Beatz (Volume 2)
- 56. SGR Starz Beatz (Volume 3)
- 57. SGR Starz Beatz (Volume 4)
- 58. The Quotes for Life 1



- 59. The Quotes for Life 2
- 60. The Quotes for Life 3 (Passion, Process, Progress)
- 61. The Quotes for Life 4 (Passion, Persistence, Love)
- 62. The Quotes for Life 5 (Freedom, Love, Peace)
- 63. Stay Positive (Single)
- 64. Wine To the Beat (Single)
- 65. Real Estate (Single)
- 66. Cool Skateboard (Single)
- 67. Work (Single)
- 68. I Had a Dream (With Noris Roberts) (Single)
- 69. Child Of God (Single)
- 70. Love & Peace (Single)
- 71. The Journey (Single)
- 72. Forgive Me (Single)
- 73. From Slavery to The Riches (Single)
- 74. Hip Hop (Single)
- 75. Only God Knows (Single)
- 76. The Applause (Single)

- 77. Vision (Single)
- 78. Master Musician
- 79. Be More
- 80. Appreciation
- 81. Aspirational
- 82. Masterpiece
- 83. Piano Masterpiece
- 84. To Be Different
- 85. Inspirational Messages 1
- 86. Inspirational Messages 2
- 87. Giving it all to God
- 88. Happy Birthday
- 89. I am a musician.
- 90. Musical Creations
- 91. Musical Masterpiece
- 92. Suffering
- 93. The Masterful Musician

- 94.** Truth
- 95.** Unrelatable
- 96.** Piano Compositions
- 97.** Star Legend
- 98.** Jehovah & Jesus Christ **99.** Born To Do Music
- 100** The Musical
  - Ministry
- 101** Vulnerable
  -
- 102** Music
  -
- 103** Music 2
  -
- 104** Music 3
  -
- 105** The Different
  - People
- 106** Music 4
  -
- 107** Influential
  -
- 108** Self-Therapy
  -
- 109** With God
  -
- 110** Music 5
  -
- 111** Tooting Musician
  -

- 112.** Music 6
- 113.** God Is Everything
- 114.** Music 7
- 115.** Grinding & Hustling Forever 2
- 116.** The God Revolution
- 117.** Music 8
- 118.** The Music Sessions
- 119.** Music 9
- 120.** The Music Sessions 2
- 121.** Music 10
- 122.** From Being Homeless to Helping Other People
- 123.** Black Star Legend
- 124.** The Music Sessions 3
- 125.** The Spiritual Musician
- 126.** The Musical Composition (Single)
- 127.** Only For Jesus Christ & Jehovah
- 128.** Gospel Music (Volume 1)

- 129.** My Letter to Jesus Christ & God (Single)
- 130.** The Music Sessions 4
- 131.** Gospel Music (Volume 2)
- 132.** The Spiritual Musician 2
- 133.** Gospel Music (Volume 3)
- 134.** The Spiritual People
- 135.** The Spiritual Musician 3
- 136.** My Spiritual Story (Official Single)
- 137.** Change (Volume 1)
- 138.** Change (Volume 2)
- 139.** Change (Volume 3)

## **My Life is Like a Story (Official Music Video) Aug 13, 2012**



## **Street Kings & Hood Queen (Official Music Video) May 6, 2014**



**#SGRLIVE -**

## **Never Be a Part of The System (Not Written)**



**Feb 28, 2014**

YouTube has always been the best place for SGR Music Company to release music, media, entertainment content.

As I was growing as a Musician in SGR and building a real true fanbase and following I was starting to change as a person and my music was changing into more spiritual & truthful music. This was important for the SGR Music Company because the work we were doing was going in a different direction.

When I first started to create music as a Rapper from Tooting my music was about Crime, Gangs, Women, Drugs, Money, Gang Life, Tooting, Streets, Society, Culture, Party life. This was because I was writing music about my past life as a young drug dealer & robber when I grew up in Tooting. But when I started to do a lot of studying & learning about mindfulness,

meditation. I started to learn more about Truth, Values, Beliefs, God, Jesus Christ, Buddha, Spirituality, Christianity, faith.

This is where my life as a Musician in SGR started to really spiritual change and the music, I was writing was more to do with Spirituality, Truth, Culture, Religion, Morals, Values, Beliefs, Faith, Jesus Christ, God.

When I created **The Personal Announcement** Video on YouTube on Aug 19, 2014. I said to my true fans & followers that I need to take time out of doing YouTube Videos & working in the SGR Music Business to find out what is life all about and what is the truth in life that I am needing to find. This video I shared openly about my decision to stop working in SGR Music Business and to find out who I am truly am as a human being and Musician. I said to my true fans & followers that they would be able to contact me through mobile & email, but I am going to take some time out of SGR Music Business & social media.





I was going through a Spiritual Awakening and a Spiritual Journey with my life as a Human Being and was really discovering who I am as a person.

In 30/09/2014 I lost my home and all my possessions in a Fire which burn away all of my possessions in a massive fire. This day transformed my life into Spiritual Person and homelessness. At the time I recently loss my relationship to my ex-partner and was going through true depression & sadness due to the breakup. It was losing my relationship to my ex-partner which helped me discover mindfulness & mediation because I wanted to search deep within myself for the answers of why I am not able to be myself in relationships and why I keep losing important people in my life. I believe the fire which took my home, and all of my possessions was the beginning of my Spiritual Life Journey and Faith life because I already had nothing once I loss everything. I loss all of my music equipment's when the fire

burns away all of my possessions so my SGR Music Company was gone because I wouldn't create music content anyway for having no music equipment. My Home Music Studio was destroyed all my Mics, Headphones, Guitars, Pianos was burned away due to the fire.

Because I lost my home and all my possessions in a fire on 30/09/2014 I realize that I needed to change as a person and find my truth & faith within my life for Jesus Christ & God. I was homeless and mental psychotic when I got the help & support that changed me as a person from two people Paul Dorrington (Lead Employment Specialist) & Karen Meechan (Clinical Psychologist).

Paul Dorrington & Karen Meechan helped me to recovery from my mental health conditions and helped me to get back into properties from homelessness.

As I went on the Spiritual Journey of Homelessness & mental health difficulties, I realize the important of Jesus Christ & God. Spirituality & Christianity became very important to me, and my life changed as a Homeless person into a Spiritual Person.

I started to work in the mental health industry support clients with mental health conditions and I changed spiritually has a person.

Because I loss everything in 30/09/2014 Jesus Christ & God was working with me to really help other people & give back.

Through lots of hard working and helping other people I managed to save up effort money to buy back all of the possessions I loss and My flat which was burned down in a fire was completed refurbished, so I was able to move back into my flat and live there again.

After a few months and working hard with the mental health industry I recreated my Home Music Studio and brought back all of my possessions. It is a miracle that I was able to live back in my flat again and do music again because I went through so much pain & suffering.

I started to create music again (Albums, Mixtapes, Eps, Singles) in my Home Music Studio and try my best to create Spiritual Music & Truthful Music. Because I had some much life experiences that happened to me from **2014 - Present** my music was transformed into **Spiritual Music** and as a musician my focus was **Change, Helping Other People, Ministries, Making a Difference, Jesus Christ, God, Spirituality, Christianity.**

There was a massive difference between my music 2010 - 2014 (Before the fire) to 2014 - Present. The thing I realize is that I went through a Spiritual Transformation and Spiritual Revolution.

Because I changed into a Spiritual Person dramatically, Jesus Christ & God gave me the gift & talents to see into the Future which I say it called Freedom from The Known. I had a Spiritual Awakening of my Spiritual life Journey and Spiritual Life Purpose.

I recreated a new Starz Gang Rockstarz YouTube Channel on Jan 25, 2023, and started again to release music content on SGR new YouTube Channel. This was very important for me because now that I have changed into a Spiritual Person the SGR Music Company will only be creating Spiritual Music, Media, Entertainment which is focus on Change.

What changed my SGR Music Company, and my life was watching a YouTube Videos Series from Jiddu Krishnamutri & Dr Allan called A Wholly

Different Way of Living. I watched this

YouTube Videos series before I lost my home and all of my possessions in a fire. This is where I learn about mindfulness & meditation. I believe Jesus Christ & God wanted me to watch this video series which has changed my life spiritually in every way.

I am very grateful to Jiddu Krishnamurti, Dr Allan, Paul Dorrington, Karen Meechan, Dag Heward Mills for changing me into a Spiritual Person who believe in Jesus Christ & God,

I have now got a Brand-New Home Music Studio which I create Music at home and got back all of my music equipment.

## **Chapter 21 - Living A Spiritual Life**

Living a Spiritual Life has become the most important thing in my life because of all the suffering and pain I have gone through as a human being. Being Spiritual become a very important thing for me and I am focus on living a Spiritual Life and helping other people in what they are going through.

My Spiritual Life is all about living for Jesus Christ & God and living the No Self & Selflessness.

Helping Other People has become so important in my daily life and Spiritual Life and I try my best to help other people every day through mental health work, Ministries Work, Audios, Videos, Messages, Sermons, Books, Audios and more.

Helping Other People & Giving Back has made my life spiritual and this is the important thing in my faith & Christian life.

I am a Spiritual Person but that doesn't mean I don't have a faith or believe in Jesus Christ & God. My Spirituality makes me believe in Jesus Christ & God.

I do tell people that I meet that I am not religious due to tattoos & mistakes that I have made within my life but I do really express to people that I am a Spiritual Person.

Spirituality has been the most important thing in my life and I truly value and appreciate my spirituality because it made me who I am as a Person.

Spirituality for me is all about helping other people & giving back. The more people you support, and help is the more spiritual and selfless you become.

I discover the important of the No Self & Selflessness by helping other

people & giving back for 9 - 10 years which has changed my Spiritually and now I live the No Self.

No Self is a life of Spiritual Contributions to others and helping other people in what they are going through.

You change spiritually once you help other people and give back.

My Spiritual Life is focus on helping other people & giving back to hundreds, thousands, millions, billions of people worldwide.

### **My Spiritual Life**

- Believing in Jesus Christ & God
- Praying To Jesus Christ & God
- Reading the Bible
- Spending time in Nature
- Journalling Everyday
- Learning new things everyday
- Helping Other People
- Evangelism on the Street of Southwest London
- Working Out & Exercising

The important thing about my Spiritual Life is doing the work for Jesus Christ & God and living the No Self & Selflessness.

Spirituality is very important and since I lost my home and all my possessions in 30/09/2014 I have been on a Spiritual Journey, helping other people & giving back.

Helping Other People has changed me spiritually into being a homeless person into a spiritual person because this change is what I call a Spiritual Transformation and Spiritual Revolution.

I believe that losing my home & all my possessions helped me to discover my faith and spiritual life because I loss everything that was important to me.

My spiritual life started in 30/09/2014 - Present and I have been truly focused on helping other people and giving back because it is so



important to help other people and make a difference.

### **CHRISTOPHER ROSE LIFE STORY**

Homelessness was the key to my Spiritual Life because I didn't have anything in 30/09/2014 and I had to discover and learn about Spirituality, Faith, Jesus Christ, God, Buddha.

My Spiritual Life is about the No Self & Selflessness

No Self has become the most important thing in my Spiritual Journey because the No Self is a life when you don't think about yourself you are only focus on helping other people and giving back.

No Self – Spiritual Life of Spiritual Contributions in Helping Other People.

## **Chapter 22 - Achieving My Dreams & Desires**

From 30/09/2014 when I lost my home and all my possessions in a fire, I didn't have any dreams & desires that I wanted to achieve for myself because I lost everything which was important to me. When I got support from Paul Dorrington & Karen Meechan who helped me when I was homeless and mental psychotic my life changed into helping other people & giving back due to the work and support, I received from Paul Dorrington & Karen Meechan.

The work I did with Paul Dorrington & Karen Meechan helped to spiritually change me and helped me to find my faith, Jesus Christ, God, Spirituality, Christianity. I was not always helping other people and giving back in my life because I was homeless and had lots of mental health difficulties. As I changed my situation of homelessness into getting back on my feet and looking after myself, I started to develop my dreams & desires because I knew that I want to make a difference and a contribution in helping other people & giving back.

I called my dreams and desires – Spiritual Dreams & Desires because most of my dreams & desires is focus on helping other people and giving back.

I have spent so much time really understanding and thinking about my dreams & desires for many years since I was homeless in 30/09/2014 and there has been lots of spiritual understanding for me to learn what I want in my life and the person I want to become.

My dreams & desires are not selfish dreams & desires because I had nothing in 30/09/2014 and I was not achieving dreams & desires thinking about myself and what is best for me.

My dreams & desires were focus on how I can make a difference and

Spiritual Contributions to helping other people and giving back.

I am going to share my dreams & desires and show the importance of achieving them.

## Christopher Liam Rose Spiritual Dreams & Desires

### Be List

- Author
- Mentor
- Life Coach
- Motivational Speaker
- Evangelist
- Musician
- Teacher
- Counsellor
- Entrepreneur
- Millionaire

### Do List

- I want to become healthier
- I want to become a Vegetarian
- Go to the gym
- Travel the world
- Create things of meaning & value
- Give money to church
- Give money to charities
- Be healthy
- Read 100 books

- Volunteer Oversea
- Build a Church
- Build a School

### **Have List**

- Wife & Kids
- Car/Motorbike
- Buy Flat in London
- Buy House in Margate
- Self-Development Business/Online Business
- Creative Studio

### **Passions**

- Helping Other People
- Music
- Faith

### **Purpose**

- Helping Other People
- Being Selfless
- Being Creative
- Living the No Self
- Living for Jesus Christ & God

### **Businesses**

- Selflessly Helping Other People
- SGR

- Christopher Liam Rose Ministries
- Christopher Liam Rose Foundation

As I share my dreams and desires, I want you to understand the importance of helping other people & giving back.

I have achieved most of my dreams & desires that I have listed in this book because of the work I do in helping other people & giving back.

My dreams & desires are not completely focus on me but on the work in helping other people and giving back.

I am very passionate about my dreams & desires because these are the things that motive my life to help other people & give back, but the truth is I am more focus on being Selfless & living the No Self because when I don't think about myself, I can whole devote my life to helping other people & giving back.

My Spiritual Dreams & Desires was not things I was plan on achieving because my life was different in 30/09/2014 when I lost my home and all of my possessions in a fire. But because I did lots of studying, learning, spiritual understanding on what I want and the things that are very important to me from a Spiritual Perceptive then I realize that all my dreams & desires need to be focus on helping other people & giving back because this is the spiritual motivation and spiritual life purpose of my work and my life.

Achieving my dreams & desires is important to me like I have said already within this book, but the truth is it my relationship with Jesus Christ & God, Spirituality, Christianity, Selflessness, No Self that really inspire me to help other people & give back.

When Paul Dorrington & Karen Meechan helped me when I was 24 - 25-year-old I didn't have anything because I was homeless and mentally psychotic, but I did discover my faith & spirituality when I was 24 - 25-year-old.

**CHRISTOPHER**

The Faith & Spirituality motivated me to help other people because I didn't have anything when I was 24 - 25-year-old.



The truth for me is I do not have any motivations or aspirations to achieve money, houses, cars, materialistic things because that is not my dream or desires and doesn't motivate me at all.

The only thing that I am focus and motivated to do with my life is helping other people & giving back due to lots of suffering and pain.

This is not because I am successful, and my dreams and desires make me successful it because of my Faith and Spiritual Journey.

Like I said when Paul Dorrington & Karen Meechan helped me when I was 24 - 25-year-old I had to discover my faith & Spirituality because this was the only real important thing for me.

When you become Spiritual and help other people and give back the one thing you realize is OTHERS because people need help & support.

I will say now that it is important to discover you dreams & desires because that would be the motivation for you to achieve them but if you really want to become spiritual and understand the importance of helping other people and giving back. Focus your life and work on helping other people and giving back because that the way you make spiritual contributions.

Spiritual Contributions become everything and more to someone who is Spiritual.

Achieving is very important in helping other people. Yes, because this is important in the work you do but Spirituality & Faith become even more important than just achieving dreams & desires.

It is important to learn Spirituality & Faith in helping other people and giving back because this is when you discover the Selflessness & No Self.

Helping Other People is the true motivation for any dreams & desires because the more people you help and support the more, you're making a difference and helping humanity, animals, universe.

It is very hard to explain how important helping other people is for your own dreams & desires but there is one thing to help you truly understand what it would take for you to understand the important of helping other people for your dreams & desires.

### **CHANGE - Spiritual Revolution**

The only way to really understand the important of helping other people with your dreams and desires is Change.

Change because the most important thing in everything you do in your life because without change you cannot change your dreams & desires to helping other people & giving back.

People find it very hard to believe the important of Change but just like I said in my Spiritual Journey when I was 24 - 25 years old when I loss everything in my life due to the fire burning all my possessions and home that when I changed Spiritually, and my dreams & desires changed also.

Without Change then nothing is possible. This Is True. I am not saying to people that you are unable to change your life because of everything and this is too difficult due to personal reason.

In this chapter the truth of Dreams & Desires comes from Helping Other People & Giving Back because the CHANGE - will CHANGE EVERYTHING.

Change is the most important thing because Change will change you spiritually in helping other people & giving back. Once you have changed spiritually then your dreams & desires will change.

**Change** - Spiritual Dreams & Desires

**Change** - Spiritual Revolution

## **Chapter 23 - Losing, Suffering, Sacrificing My Whole Life to Be with Jesus Christ & God**

I wanted to really give my whole life to Jesus Christ & God because of all the suffering & pain I went through when my younger life from 15 - 25 years. I always suffered from mental health difficulties and pain from experiencing so many negative life experiences from Drug Overdoses, Abuse in my family, Abortions of my children from ex-partner, gang life, crime, drugs, women, break up relationships. All these negative life experience made me into a very negative person who couldn't cope with my mental health problems. For 15 - 25-yearold I was always in & out of mental health hospitals dealing with mental health difficulties and life challenges. I realize when I was younger my life was always going to be like this because I didn't have a way or didn't know a way of getting out of the mental health trap that I was in.

My family would support & look after me with my mental health problems, but I didn't have any answers to my ongoing problems. My mental health problems were destroying my life and my upbringing.

It was only when I was 24 - 25-year-old on 30/09/2014 when I lost my home and all of my possessions in a fire that I realize I need to take control of my life and that it was up to me to change my life for the better. When I loss everything that was important to me - Break Up from Ex Partner, Loss of Home and all of possessions, Loss of Music Equipment, Loss of all my materialistic things. I realize that I needed to discover Jesus Christ & God because I had nothing in 30/09/2014 and I was made completely homeless & mentally psychotic.

I developed my faith at 24 - 25-year-old and started to believe in Jesus Christ & God when I got the help & support from my 2 heroes Paul Dorrington & Karen Meechan. This completely transformed my whole life

from being homeless with years of mental health difficulties into helping other people in the mental health industry.

The work I did with Paul Dorrington & Karen Meechan has completely change my whole life in every way because they helped me when I was homeless and when I had nothing in my life.

As I started to attend Church in Lighthouse Chapel International (Battersea) and started to read my bible and pray to Jesus Christ & God. I realize that I need to devote my whole life to Jesus Christ & God.

My Losing, Suffering, Sacrificing gave me Spiritual Understanding of what I needed to do in my life and why it was so important to devoted my whole life to Jesus Christ & God.

Once I really decided to give my life to Jesus Christ & God, I got baptized in Lighthouse Chapel International and gave my life Wholly and Completely to Jesus Christ & God.

**Christopher Liam Rose - Baptism in Lighthouse Chapel  
International (Battersea)  
17/01/2016**



## **When I was baptized into the water and becoming Born Again by Reverend T**



I was so happy that I got baptized and was a Born-Again Christian for Jesus Christ & God which was overwhelming which has changed me Spiritually.

As my faith grow in Jesus Christ & God, I had a calling & spiritual life purpose to become an Evangelist and preach the Gospel of Jesus Christ & God to the streets of South West London. I started to work in Ministries and do the Evangelism Ministry really preaching the Gospel of Jesus Christ & God.

Right now, in my life I am an Evangelist but I am slowly going to become a Pastor & Teacher within the Christianity Faith.

Being an Evangelist is the most important work for me and I devoted my life to Jesus Christ & God by preaching the Gospel of Jesus Christ Worldwide through Videos, Audios, Music, Sermons, Messages.

I have learnt that being an Evangelist is Life work in ministries for Jesus Christ & God and I will always be an Evangelist and Preach the Gospel because of my suffering & pain.

Jesus Christ & God saved my when I was 24 - 25-year-old from the fire which burn away my home and possessions.

I owe my life to Jesus Christ & God spiritual grace because there was a possibility that I couldn't still be in the world due to fire so they have saved me and now I devoted my whole life to doing the work of Ministries for Jesus Christ & God.

I have also devoted my whole life to helping other people and give back because this is the most important work for me to do due to my personal reason.

I have now worked in the mental health industry for 9 - 10 years which is a decade in helping other people and I am very happy I chosen this vocation & career path to work in.

The work of helping other people & ministries is all very important to me and I try my best every day to work hard in my work and make sure people don't go through the struggles and challenges I went through when I was 15 - 25 years old.

I have now become a Spiritual person due to Mindfulness, Meditations, Prayer and now I live the life of No Self, Selflessness, Spirituality.

Spirituality become everything to me, and I am very passionate about my relationship with Jesus Christ & God which grows my faith & Spirituality.

### **NO SELF SPIRITUALITY SELFLESSNESS JESUS CHRIST & GOD**

#### **John 3:16 NIV**

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life

#### **Philippians 2:4 NIV**

not looking to your own interests but each of you to the interests of the others

#### **John 14:6 NIV**

Jesus answered, "I am the way and the truth and the life. No one comes to the father except through me.

**Matthew 28:18-  
20 NIV**

Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age."



## **Chapter 24 - Spiritual Fulfilment**

I want to write about Spiritual Fulfilment because this has become so important in my spiritual journey in my life.

For me the Spiritual Fulfilment comes from helping other people & giving back. I started to feel completely fulfilled and happy when I was helping other people & giving back. Spiritual Fulfilment & Spiritual Life Purpose is very important to me, and I truly value the true fulfilment and Spirituality that I get from helping other people and giving back.

I try my best to help other people without wanting something in return for the work I do but I always feel happy and fulfilled when I am helping other people.

I also gain Spiritual Fulfilment when I create Music, Videos, Books, Audio, Messages, Sermons for Online Content. I am a creative person and also a musician and positivity and creativity has become the two things I am really good at. I am a very positive person, and I am a very creative person.

Creating things of meaning & value helped me to become Spiritual Fulfilled.

My advice to anyone who want to really experience Spiritual Fulfilment is to help other people, give back, make a difference and a contribution to others.

Helping Other People brings Spiritual Fulfilment

When I am Spiritual Fulfilment my Spiritual & Emotional State changes into Spirituality where I feel completely fulfilled.

Living your Spiritual Life Purpose and doing work that Fulfilled you will give you Spiritual Fulfilment.

I also get Spiritual Fulfilment when I go out on Evangelism and preach the

Gospel of Jesus Christ & God on the streets of South West London.

Evangelism gives me Spiritual Fulfilment

Believing in Jesus Christ & God makes me Spiritual Fulfilment because I know Jesus Christ & God has blessed me Spiritually as a person.

### **Spiritual Fulfilment is linked to Spirituality & Nature**

When you give your life to helping other people – your life become more fulfilling.

### **Matthew 10:39 NIV**

Whoever finds their life will lose it, and whoever loses their life for my sake will find it? Loss your life in Helping Other People & You will Find Your Life

## **Chapter 25 - Selflessly Helping Other People**

Selflessly Helping Other People is so important to me, and this is what my life is all about. I have been working in the mental health industry for 9 – 10 years helping clients with mental health difficulties. Because of my own mental health problems and life challenges I have devoted my whole life to Selflessly Helping Other People & Giving Back. This is important because I don't think about myself when I am helping other people and giving back.

Selflessly Helping Other People because a Life Mission and Vocation where you devoted your whole life to helping other people and giving back. I am not saying that Selflessly Helping Other People is easy to do because it takes lots of time and patience to really support lots of people but if you have a desire, dreams, ambition to help other people then you should really devote your whole life to the work.

Helping Other People is not a job, it is a Vocation & Career Path. Once you start helping other people and giving back you will really see the important of impact, difference, contributions.

Selflessly Helping Other People is my Legacy and Life Work. I have always been very passionate about helping other people because it means a lot to me to support & help other people in what they are going through, but the truth is this is Spiritual Work for me which makes me very content & fulfilled in the work I am doing to help other people.

I believe that Jesus Christ & God was working in me to really help other people and do this spiritual work because it is so important to life and nature.

I really value the important of Spirituality, Jesus Christ, God, Buddha within my life because my faith and Spiritual beliefs help me to really

make a difference & contributions to people lives.

I value the support and help I received from Paul Dorrington & Karen Meechan when I was 24 - 25-year-old because they completely transformed my life into helping other people and give back.

My motivation to Selflessly Helping Other People is realizing that all Humanity, Animals, Universe need help and support and by helping other people I am making a spiritual contribution that will stay in lots of people lives forever.

Kindness, Care, Compassion, Love, Empathy have been very important to me because I know Jesus Christ & God loves me for saving me in 30/09/2014 from a Fire in my home when I loss all my possessions. Also, I know Paul Dorrington & Karen Meechan love and care about me for helping me when I was at the lower, negative, destructive, vulnerable place in my life because of homelessness and mental health crisis.

Selflessly Helping Other People is everything to me and I have completely devoted my whole life to helping other people and giving back.

### **John 3:16 NIV**

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

### **Philippians 2:4 NIV**

not looking to your own interests but each of you to the interests of the others

My faith & Spirituality makes me Selflessly Help Other People and give back because my spirituality is everything to me and it is very important in my life.

## **Chapter 26 - Thank You**

I would like to say thank you so many readers for reading Christopher Rose Life Story (Part 2) because this book is part of my biography of my life & times. I want to say thank you to all the people who have helped me to write this book because they are all important to me.

Jesus Christ & God – Thank You Lord for making read my life story (Part 2) this is a book to show all the amazing and unbelievable things you have

done in my life, and I hope that my faith & spirituality really inspire people and help people to help other people and give back. Lord, you have been so good to me and thank you for saving me in 30/09/2014.

Paul Dorrington (Lead Employment Specialist) - Thank You Paul Dorrington for all the inspiration and support you have given to me since 2014 - Present. You will forever be my hero and role model within the mental health industry & IPS Employment Specialist Service. I am so grateful for all the knowledge & wisdom that I have learnt from you it has been amazing to learn so much and I am eternally grateful for getting back into Paid Employment and helping me to find my Spiritual & Life Work.

Karen Meechan (Clinical Psychologist) - Thank You Karen Meechan for all your kind, compassion, empathy that you have shown me in my life and you're the real reason why I have truly recovery from my mental health condition and mental health difficulties. Thank you, Karen, for your great knowledge & wisdom you have given me and helping me to write in journals which I have been writing in from 2014 - Present. You will forever be my hero and I love you as a human being and great leader & role model. I will eternally be grateful for the Counselling/Psychology Therapy you gave me in 2014 - Present.

Mother & Father (Donna & Seymore) - Thank You Mum & Dad for creating me and being a good role models for our family. I love you deeply and thank grateful for all the support & love you have shown me within my life and my mental health difficulties. Thank You Mum & Dad for being so strong and being able to look after me when I was 15 - 25-year-old. You helped me to become the Man I am today, and I am eternally grateful thank you.

Brothers & Sister (Alex (Twin Bro), Matthew (Older Brother), Marcus (Older Brother), Michelle (Older Sister) - I want to say Thank You to all of my brothers & sister for support & helping me with my mental health difficulties and life challenges. You have all given me great support and



thank you for everything I am eternally grateful.

Nan - Thank you Nan for showing me Jesus Christ & God, Spirituality, Christianity. You are a true inspiration and hero in our family and thank you for your kindness & love toward me. I am eternally grateful.

Dag Heward Mills – Thank You Dag Heward Mills for your teaching & preaching of Jesus Christ & God you are a true inspiration to me, and I have lots of love & respect for you. Thank You so much for lighthouse chapel international and for being a great teacher, evangelist, pastor for Christianity & Spirituality.

Reverend T & Reverend Archie (Lighthouse Chapel International – Battersea) – Thank you for Reverend T & Reverend Archie for helping me in church and building my Spirituality, Christianity, Faith in Jesus Christ & God. Thank you for being great pastors and preaching the gospel of Jesus Christ at Church I have learnt so much from both of you. Thank Your Reverend T for Baptizing me when I was younger at Lighthouse Chapel International this was a transformational spiritual change in my life which I am eternally grateful for. Thank you both so much.

I hope you have enjoyed reading my Life Story (Part 2) and remember helping other people, Jesus Christ, God, faith, Spirituality, Family is very important.

### **John 3:16 NIV**

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

### **Philippians 2:4 NIV**

#### CHRISTOPHER ROSE LIFE STORY

not looking to your own interests but each of you to the interests of the others



THANK YOU, JESUS CHRIST & GOD I WILL WHOLLY DEVOTED MY LIFE, TO

MINISTRIES & HELPING OTHER PEOPLE. THANK YOU FOR YOUR GRACE & MERCY ON MY LIFE AND YOU ARE MY SPIRITUAL MOTIVATIONS FOR HELPING OTHER PEOPLE & GIVING BACK.

Spirituality – Faith – Christianity – Helping Other People – Music

### **Life Mission**

- To help hundred, thousand, millions, billions of people worldwide
- Do the work of Ministries for Jesus Christ & God
- Become a Spiritual Evangelist, Pastor, Teacher in the Gospel of Jesus Christ & God
- Honor Spirituality, Paul Dorrington, Karen Meechan, Dag Heward Mills, Family

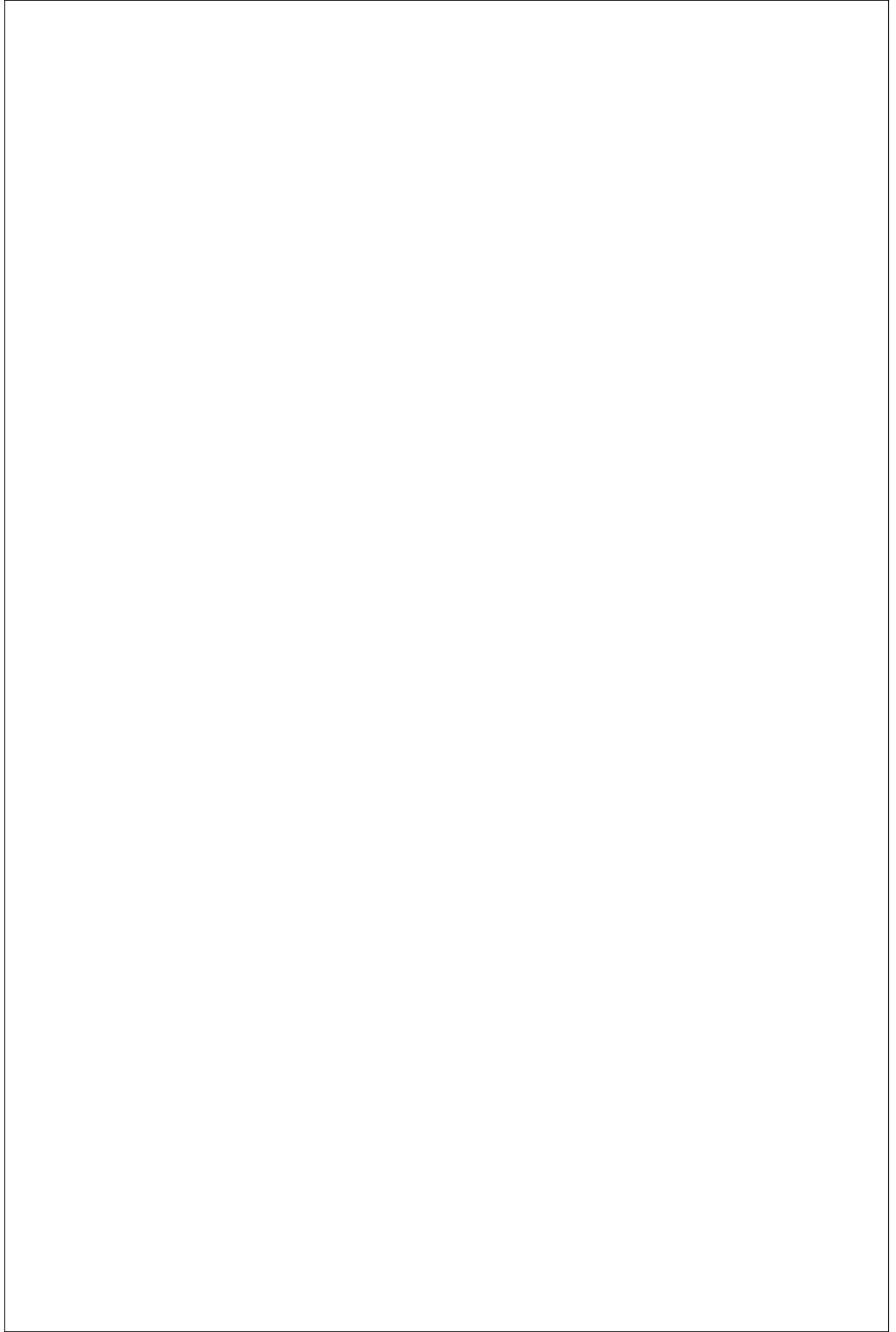
### **Christopher Liam Rose Books**

- Christopher Rose Life Story
- Be What You Want to Be
- The 15 Successful Habits
- Selfless
- Anointing
- Life Purpose
- Helping Other People
- Giving Without Receiving

**CHRISTOPHER ROSE**

- 
- 
- Fulfilme  
nt  
Learn
- It Is Not the Problems That Make You Who You Are, It Is the Person You Become That
- Make You Who You Are
- The Evangelism Ministry Learning Is  
a Part of Living
- The Self Is the Problem
- I Don't Want
- No Self
- Miracles
- Christopher Liam Rose Journal 2015 - 2016
- (Living With Jesus Christ & God) - Christopher Liam Rose Journal 2016 - 2017
- Losing, Sacrificing, Suffering
- Observation
- Christopher Liam Rose Testimony
- SGR BOOKS - Christopher Liam Rose Music Discography
- Christopher Liam Rose Journal
- 2018 -2019 Christopher Rose Life
- Story (Part 2)







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social media: Facebook:**

<https://www.facebook.com/christopher.rose.90834>

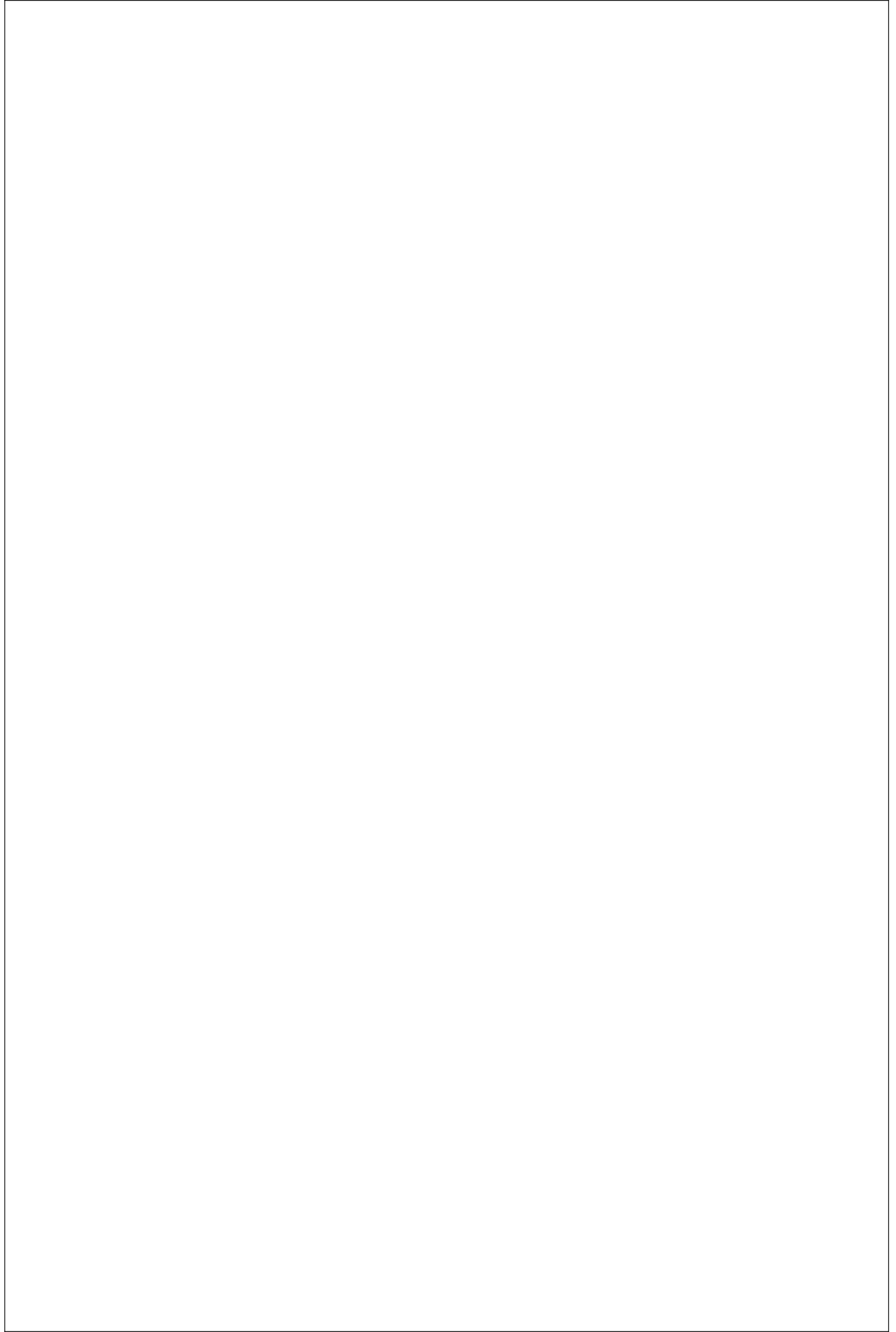
**Twitter:** <https://twitter.com/ChrisRose091188>

**Instagram:** <https://www.instagram.com/christopherliamrose/>

**Christopher Rose Websites:**

**Christopher Liam Rose Music -** <https://christopherliamrosemusic.com/>





# **CHRISTOPHER LIAM ROSE**

## **LIFE STORY**

**My Life Is Like A Story**

**(Part 3)**



# CHRISTOPHER LIAM ROSE LIFE STORY

(Part 3)

*My Like Is Like a Story*

By

Christopher Liam Rose

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# Acknowledgments

This book is a very important book because it is about my Life Story and life experiences that I have been through. This book is the third book from Christopher Liam Rose Life Story Series. This book is a continuation of the second book Christopher Liam Rose Life Story (Part 2) My Life Is Like a Story.

The main reason why I am writing this book is to show all my life experiences and life story to encourage the reader to believe in Jesus Christ & God and find their Spirituality & Faith.

Christopher Liam Rose is an Author, Mentor, Life Coach, Motivational Speaker, Evangelist, Musician, Teacher, Counsellor, Activist, Philanthropist, Creator, Entrepreneur, Christian who has a passion for helping other people and giving back.

Christopher Liam Rose has been through serious life experiences which has made him into the person he is today. Through all the life challenges, disappointment, setbacks, struggles Christopher Liam Rose has remain persistence and resilience because of his faith in Jesus Christ & God.

Christopher Liam Rose is a very spiritual person who want to help humanity, animals, universe by helping other people and giving back.

This book is the third book about my life story and since the second book Christopher Liam Rose has been through more

life experiences and challenges which he wants to write about in this book. Christopher Liam Rose really want to help other people because he believes his Spiritual Life Purpose is to helping other people and make a difference to

humanity, animals, universe by devoting his life to his vocation of Spirituality, Christianity, Mental Health, Music.

Christopher Liam Rose wanted to write a book about his life story to show people that you can be what you want to be and help other people to make a massive difference - impact - contribution in the world.

Christopher Liam Rose want to inspire the next generations of helpers, Evangelists, Musician, Teacher, Creators to be what they want to be in a very challenging world of suffering and pain.

Christopher Liam Rose want to acknowledge all the people who has helped him to write this book and all the people who are very importance to him.

**Paul Dorrington (Lead Employment Specialist)** - Paul Dorrington helped and support me when I was 24 - 25 years from homelessness and mental health crisis to get back into Paid Employment in Mental Health Industry. Paul Dorrington is my Spiritual Hero and I value and respect all of the support and help Paul Dorrington has given me through my years. Christopher Liam Rose & Paul Dorrington professional relationship has been for 10 years since 2014 - Present. Christopher Liam Rose owe his whole life to Paul Dorrington for showing him mental health recovery and hope, faith, control, opportunity. Christopher Liam Rose has now worked with Paul Dorrington as Employment Specialist in SWLSTG at North Kingston Team but would slowly be move on to Peer Support Coordinator role at SWLSTG (Sutton Jubilee Health Centre). Christopher Liam Rose dream was to work with Paul Dorrington in mental

health recovery and IPS Employment Specialist Support. Since Christopher Liam Rose has worked with Paul Dorrington in SWLSTG as Employment Specialist he has received 2 Awards for excellent IPS Employment Specialist work.

**Karen Meechan (Clinical Psychologist)** - Karen Meechan helped and support Christopher Liam Rose in 2014 in Psychology and Counselling Therapy when Christopher Liam Rose went through homelessness and mental health crisis. Karen Meechan is the main reason why Christopher Liam Rose has developed persistence, resilience, coping strategies to manage his mental health conditions and learning difficulties of Schizophrenia, Psychosis, Depression, Diabetes, Dyslexia. Karen is my Spiritual Hero and has helped me to recovery from my mental health conditions and learning difficulties. Karen taught Christopher Liam Rose about dealing with Past Trauma, setbacks, overcome adversity and life challenges. Karen was the first person that Christopher Liam Rose open up about his past and trauma. In 30/09/2024 Christopher Liam Rose loss his home and all of his possession within a fire which burn away everything that Christopher Liam Rose own including possessions and music equipment's. Karen helped Christopher Liam Rose to deal with the fire and past trauma he experiences and show him the light in helping other people and giving back. Karen told Christopher Liam Rose to write in journals to process his life, feelings, emotions, dreams, desires. Christopher Liam Rose has been writing in journals since 2015 - Present and how many journals of his past life and experiences within the journals. Christopher Liam Rose & Karen Meechan professional relationship was from 2014 - 2020 when Karen Meechan support Christopher Liam Rose in Psychological Therapy 2 times 1) Psychology & Counselling in 2014 2) Psychology & Counselling in 2018. Christopher Liam Rose has experience serious life setbacks and challenges which Karen Meechan helped me to deal with. Because of Karen

Meechan I can live a normal life and I have recovery from mental health illness.

Dag Heward Mills (Teacher, Pastor, Evangelist) - Dag Heward Mills has been my spiritual Christian father and leader in my Christianity &

Spirituality. I have been attending Dag heward Mills church called Lighthouse Chapel International #LCI since 2014 – present. Christopher Liam Rose respects and honors Dag Heward Mills for all of his teachings, sermons, videos, audios that he has been learning from since 2014. Dag Heward Mills is one of the main reasons why Christopher Liam Rose has stay in faith, Christianity, Spirituality. I have become an Evangelist and Teacher in Christianity and Faith based on Dag Heward Mills Teachings. I owe my Christian walk with God to Dag Heward Mills and I am very grateful to be a part of Dag Heward Mills church and congregation.

**Jiddu Krishnamurti (Spiritual Teacher, Philosopher)** – Jiddu Krishnamurti is a very special spiritual teacher and philosopher that helped me with Spirituality and faith. I discovered Jiddu Krishnamurti Videos Series – A Wholly Different Way of Living with Dr Allan San Diego 1974 on YouTube when I was going through a mental health crisis and break up from ex-partner. Because I watched Jiddu Krishnamurti videos talking about Spirituality, Meditation, Mindfulness, God, Faith, Religion I started to become a Spiritual person and was practicing meditation and mindfulness. Jiddu Krishnamurti is the main reason why I have changed all of my life spiritually and become a very spiritual person. Jiddu Krishnamurti helped me to find Spirituality and God and I would have not been able to achieve the Spiritually Freedom from the known without Jiddu Krishnamurti teachings. I have a spiritual aura and spiritual presence because of the teachings of Jiddu Krishnamurti he is my spiritual teacher and spiritual philosopher.



**Jesus Christ & God** – This has become the most important thing within my life to learn and understand Jesus Christ & God. My faith, Spirituality, Christianity is very important to me and being with Jesus Christ & God make me Spiritual. Being a Christian and learning about Spirituality and Christianity has become everything to me and more. My love and

devotion for Jesus Christ and God is everything and that why I can be an Evangelist and Teacher in Faith, Spirituality, Christianity.

My spiritual hero is very important to me in my life story and journey, and they are all the reason why I have become a spiritual person.

I want you to understand dear readers that you can become spiritual and live a meaningful productive life. My life has been very difficult and challenges but I would change any of my life experiences because it made me who I am today. The only things I would change about my life are the things I did to hurt other people like ex partners, family, childhood abuse.

My life is not perfect by any means, but I have learnt very important life lessons which I want to share in my life story. Please remember readers I am only human being, and I am not perfect but I want you to feel inspire and hope about your future and by reading my books you will find faith, Spirituality, Christianity and become the person you want to be.

- **The Future Is Now - Jiddu Krishnamurti**
- The world is you, and you are the world - Jiddu Krishnamurti
- **It is not your problems that make you who you are, if the person you become that make you who you are - Christopher Liam Rose**
- You Must change Spiritually to help other people now - Christopher Liam Rose
- Urgency of Change - Know Yourself - Jiddu Krishnamurti
- A journey starts with a Single Step - Laozi

- **John 3 .16 KJV - For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.**

- **Philippians 2:4 NIV - not looking to your own interests but each of you to the interests of the others.**
- **Matthew 10:39 NIV - Whoever finds their life will lose it, and whoever loses their life for my sake will find it.**

## **Chapter 1**

# **Life Coaching Diploma - The Coaching Academy**



I wanted to learn more about personal development and life coaching because I was interested in helping other people as a life coach. Paul Dorrington was the first person to introduce me to The Coaching Academy because Paul Dorrington studies his life coaching/personal performance diploma with the coaching academy and Paul Dorrington said to me that this was a unique interesting course to study which you will learn so much about life coaching and personal development. Paul Dorrington told me this when we use to meet up for IPS Sessions in Clapham Junction in Starbucks because at the time Paul Dorrington was an Employment Specialist in SWLSTG.

At first, I was thinking to I want to become a life coach because I have never ever finished university education because I dropout of 2 University Degrees 1) Business Management at Westminster University 2) Business Information Technology at Greenwich University and Lewisham College. When it comes to education and studying, I have never been good at it because of my dyslexia and learning difficulties. Paul Dorrington explained that it would be good

to gain some new qualification in Life Coaching which you can use in your businesses and careers. I thought to myself that this could be a good opportunity to learn new skills and gain a real qualification which can help me within my employment, career, businesses. Paul Dorrington said the coaching

academy is one of the best schools for life coaching and NLP Practitioner course. Paul Dorrington said that he completed life coaching/personal performance diploma with the coaching academy and it was one of the most important qualifications he ever receives. I said to Paul Dorrington “do you think I would be a good life coach and be able to complete the life coaching/personal performance diploma”. Paul Dorrington said Yes you would be a great life coach because of your life experience and mental health journey you have gone through. Paul Dorrington said the best life coaches have been through the most suffering and pain and have the compassion and empathy to be able to help other people in what they are going.

Paul Dorrington said this is a course which you would need to invest in and spend time completing because it not necessary about the qualification, but it is about the self-development journey you will be on as you study with the coaching academy. I asked Paul Dorrington how much did you paid for the course. Paul Dorrington said you will need to find out how much the course cost now because it was a different price when I join the coaching academy but normally between £2000 - £3000 for the course. I said to Paul Dorrington that I don't have that much money and I am still struggling financial at the moment in my mental health work. Paul Dorrington gave me some advice “Sometimes you have to take a risk and invest in your future and in yourself” “The best investment is in yourself and your self-learning”. I said to Paul Dorrington ok I will think about it but deep down I know Paul Dorrington was right this was a great opportunity and I believe I could be a great life coach and help other people

in life coaching and personal development.

Paul Dorrington said you don't need to make this massive decision today, but you would need to take the first step which is attending a 2-day Events in Central London with the coaching academy to find out more



about life coaching. I said to Paul Dorrington this is great because I am still unsure whether I want to pay for this course or not.

After my conversation with Paul Dorrington, I went home and register to the coaching academy 2-day event in Central London.

### **The Journey Beginning with The Coaching Academy**

I was ready to do the 2-day event with the coaching academy and was register for the 2-day events. This was a massive step in my journey because I was not a person who normally attend any events because I was nervous and shy when it came to meeting new people. I went to this 2-day event in the coaching academy, and we were learning about goals in life coaching and how we use the GROW Model. This was the first time I ever learn about life coaching, and the 2 days events was excellent. I met some wonderful people within the coaching academy and networks with new students and new coaches. This was a great experience and by learning about Goals and Grow Model in life coaching I knew I want to study with the coaching academy and become a life coach. This was a massive step forward into the future, but I was ready to study and become a life coach with the coaching academy. I do believe today this was one of the best educational decisions I have ever made in my life because the coaching academy is a great organization and training provider when it comes to life coaching and NLP Practitioners.

I receive a Certificate from the coaching academy of attending 2-day events.



the coaching  
academy  
inspiring coaching, inspiring success

Europe's Leading  
Coach Training Organisation

This is to confirm\*

*Christopher Rose*

*attended*

**The Coaching Academy's**  
**Certificate in**  
**Personal Coaching**  
**Event**

*on*

*16th / 17th July 2016 - London*

\* This is not a certificate of competence. Professional qualifications are available through The Coaching Academy's Diploma courses.

'The Coaching Academy is now the number one Coach training programme in Britain'  
- *The Observer*

t. 0208 996 5057 | w. [www.the-coaching-academy.com](http://www.the-coaching-academy.com)

I realize that become a life coach would be a very motivational thing to do because I had a massive passion to help other people and I wanted to learn new skills and abilities. I believe Paul Dorrington saw my humanity and humility in become a life coach and Paul Dorrington true believe I could this this course. I found a new inspiration when I went to the 2-day events with the coaching academy, and I wanted to become life coach and do the training and diploma.

Once I finished the 2-day events with the coaching academy I made the financial decision to paid for the course and study with the coaching academy.

When I got home, I want on my laptop and did some research on the course I wanted to study. I believe the course I want to study is the life coaching and personal performance diploma with the coaching academy.

This was a massive decision for me, and I made this choice because I felt like I could be a good life coach and help other people.

**AC, ICF & CPD ACCREDITED**

## **Life Coaching Course**

Our Life Coaching Diploma teaches you how to become a fully accredited and professional life coach. The course is accredited by the Association of Coaching (AC), International Coaching Federation (ICF), Continuous Professional Development (CPD), Small Firms Enterprise Development Initiative (SFEDI) and Enhanced Learning Credits Administration Services (ELCAS).

Suitable for anybody considering setting up your own full or part time coaching business, becoming employed as a professional coach, or looking to use coaching skills as part of your current role.

Life Coaching Course/Personal Performance Diploma is an Accredited Course with AC (Association of Coaching), ICF (International Coaching Federation, CPD (Continuous Professional Development) which was very interesting to me and why I decided to pay for the course.

I spoke with the coaching academy, and they said that I need to pay

£3,997 + VAT for the life coaching diploma course but I can pay this fee in Instalments and also get bursary to help me with the fees. I said to the coaching academy yes, I want to join and paid for the course.

This was very important and massive step in my educational journey, but I was ready to learn.

### The Journey of becoming a life coach beginning and now I am a Student with The Coaching Academy

I started to pay the first instalments for the life coaching diploma and now I was officially a student with the coaching academy. I told Paul Dorrington I made the decision to join the life coaching/personal performance diploma and he was very excited and happy for me.

I enrolled to the life coaching diploma course with the coaching academy on **26/09/2017** and started my journey as life coach.

Life Coaching Diploma Course

Requirements **Your diploma requirements**

You are keen to understand what you need to do to qualify and if there is any paperwork that you need to complete

along the way. Below is a bullet point list of what these requirements are.

To complete your Diploma, you will gather evidence to show you have completed your requirements. The evidence is compiled on a series of Learning Record Sheets (LRS) which you will learn more about in the

Qualification Paperwork zone. You will submit evidence of the following at the end of your studies:

The videos within the Coach Training Videos section of your Online Learning Portal (or the introductory 2-day foundation event if you enrolled prior to March 2020)

- 6 course modules\* (8 when including the introductory and post course modules for your 1st Diploma)
- 39 coaching sessions (minimum of 4 clients over the 39 sessions)
- 5 practical assessments (included in the count of 39 sessions stated above)
- Obtain a client testimonial for each client you work with
- Coaching overview statement for each client you work with
- 6 Coaching Skills webinars (these need to be separate and distinct topic areas)
- 6 Peer to Peer competency discussions (these need to be separate and distinct topic areas)
- 6 mentoring sessions carried out as either 1-2-1 or Group Mentoring
- Overall coaching approach statement
- Complete the relevant final assessment paper.

\*You have six wonderful modules to work through for your Personal Performance Diploma with a supporting accelerator day for each of these topic areas.

- Practicalities of Getting Going
- Advanced GR
- Advanced OW
- Values and Beliefs
- Empowering the Coaching Relationship

- Introduction to DISC profiling

We have created an example checklist log for you to use which you will be able to locate as you progress through this section.

This was the requirements I had to do to complete my life coaching diploma.

These are the Modules I had to complete and what I learnt.

1) Advanced GROW 'GR'

Advanced GROW 'GR' covers the following topics:

- Core principles of coaching in relation to Goal and Reality
- Purpose, impact, and importance of goals
- Features of great goals
- Moving from topic to session goal
- Deep questioning (Part One)
- Sequencing questions
- Summarizing and reflecting
- Understanding reality
- Completing beneficial reality checks
- Identifying obstacles to progress
- How to avoid making unhelpful assumptions

2) Advanced GROW 'OW'

Advanced GROW 'OW' covers the following topics:

- Core principles of coaching in relation to Options and Way Forward
- Building and sustaining motivation in clients
- Questioning techniques to generate options.
- Stepping outside of yourself to consider situations

from different perspectives.



- Success strategies
- Designing actions
- Helping clients commit to action.
- Deep questioning (Part Two)
- Motivational approaches when clients do not complete their actions.
- Dealing with procrastination

### 3) Empowering The Coaching Relationship

Empowering the Coaching Relationship covers the following topics:

- Building rapport
- Establishing trust
- The psychological contract
- Creating complete attention
- Pacing the session
- Expressing empathy
- Being non-judgmental
- Active listening
- Challenging clients
- Reframing
- Developing awareness in clients
- Dealing with client emotions
- State management for coaches
- Retaining control of sessions

### 4) Introduction to DISC

Introduction to DISC personality profiling covers the following topics:

- How to identify different personality styles
- How to administer a DISC profile

- How to use DISC in a coaching session

- Practical applications of the DISC tool for coaches
- How to communicate effectively with different personality styles
- How to use DISC as a marketing tool to grow your coaching business<sup>7</sup>

## 5) **Practicalities of Getting Going as a Coach**

The Practicalities of Getting Going as a Coach covers the following topics:

- Responding to telephone enquiries
- Explaining coaching and managing expectations
- Pre-contract information
- Contracts/agreements
- Running an intake session
- Keeping control of sessions
- Not giving advice
- Looking after your own energy
- The image of a professional coach
- Building a series of sessions
- Beginnings and endings of the coaching journey
- Setting homework and exercises

## 6) **Values and Beliefs**

Definitions of values and beliefs

- Alignment of values and goals
- Importance of values for both coach and client
- Role of beliefs in both coach and client
- Identifying limiting beliefs
- Overcoming limiting belief
- Building confidence in both you and your clients

## 7) Post Modules

### Definitions of Post

#### Modules

- Life Coaching Business
- Your Life Coaching Business
- Understanding your Life Coaching Niches
- Understanding your Business Goals

### **Life as a Student in The Coaching Academy**

My life as a student in the coaching academy was very good, I learnt so much about life coaching and personal performance in coaching. I was working part time and full-time careers jobs as a I was studying my life coaching diploma with the coaching academy which was very difficult because I couldn't full focus on my studies in life coaching. I realize to be a successful student you need to make time throughout your week where you can focus on studying and learning. I had to attend Accelerator days, Webinars, Mentoring, Life Coaching Sessions with Students which was very good, and I learnt so much for my life coaching sessions and training. Being a student and working part time or full-time jobs is not easy and the advice I would give to myself now is to make sure you focus on your studies as a student, or you will fall back.

I also had to do lots of LRS (Learning Record Sheets) for all the 6 modules, accelerator days, webinars, mentoring, post modules that I was learning with the coaching academy on life coaching diploma which was very hard work.

I worked with 7 Student in the coaching academy doing life

coaching sessions which was very great learning and really enjoyed it because it helped me to learn about life coaching in a practical way at the beginning of my life coaching sessions, I was not very good with the life coaching

questions but as you practice and practice, I started to feel more comfortable and become better as a life coach. I also had to do 5 Practical Assessment where I got assessed the coaching academy assessor which was very scary but I manage to completed all 5 practical assessment which was great. When it comes to practical assessments, I had to make sure I was on top of my game and do excellent life coaching to student I believe you get better when you do lots of life coaching sessions.

It is important to be kind to yourself when you're learning in the coaching academy and sometimes you will make mistakes but that all part of the learning and understanding of being a life coach.

Being a student in the coaching academy is a life changing experience of self-development and life coaching and it was one of the best decisions I made to join the coaching academy and do the life coaching diploma course.

The mentoring sessions was really good where you can talk with a mentor about your life coaching and journey as a student this really helped me in my life coaching development to learn new skills and get feedback on Practical Assessment.

I believe to be a good life coach you need to be able to actively listening to clients and asked the right questions to help them in the Life Coaching Session. Using the Grow Model help me to asked questions in a structure order which was very good when doing life coaching sessions with students.

### **Completing my Life Coaching Diploma in October 2023**

In October 2023 I completed all my life coaching diploma studies and officially got my life coaching diploma after 6 years of studying with the coaching academy.

## Christopher Liam Rose - Life Coaching Diploma - October 2023



It was a massive achievement and milestone to get my life coaching diploma and took me 6 years of studying to achieve it. I was very happy and now I am a qualified life coach.

Achieving this life coaching diploma was very important to me because it helped me to realize even though I didn't have a degree qualification within my academic life I can still complete a life coaching diploma and gain good grades from my studies. It is very important to realize that studying this life coaching diploma was a very hard thing to do because I have learning difficulties and dyslexia which make it difficult to study productively which was a massive



challenge. I have realized that completing this life coaching diploma was a very important step in my education journey and spiritual journey. This course helps me to find my

learning and understanding which was very important for my professional and career growth. I realize that I need to stay educated and focus on doing more course which will help me to increase my learning and understanding.

Helping Other People is very important to me, and this course was the first ever course I did in Personal Development and Life Coaching. Now that I am a qualified life coach, I am able to support clients within life coaching and personal development. This course has not just help me professional but has always helped me spiritually and personally. It is important to realize that learning and developing yourself because very important for your career development and professional development.

This course was life-changing and very inspiration because I learnt so many things about life coaching and personal development.

I would recommend that readers that want to study with the coaching academy in life coaching/personal performance that you should do it. Make sure you find a way to spend time learning about life coaching in this diploma because this is the most important thing.

To achieve my life coaching diploma took 6 years which is normally achieve in 2 - 3 years. The reason why it took so long to complete my life coaching diploma was because I was working part time and full time within mental health but I still manage to achieve it. This is very important because to achieve something important to you take time and sometimes sacrifice which is important on your educational journey in learning and studying.

The coaching academy is a great organization to learn about life coaching with and I have met great students from the coaching academy who has help me on my educational journey to become a life coach.

I still remember the time when I started my life coaching diploma onto the journey that I have made since then.

In 6 years of studying life coaching, I have had a professional career within mental health for 10 years. I have achieved some much on my YouTube channel and spoken about life coaching and personal development in helping other people. I have helped Thousands of people in mental health, faith.

Learning and Education is very important in life coaching, personal development, life.

## Chapter 2

# Award Winning Rising Star Award (Staff) (SWLSTG) Quality Awards 2023



I was working as Employment Specialist at North Kingston Team in SWLSTG support clients in IPS Employment Specialist Work. My lead Paul Dorrington (Lead Employment Specialist) and North Kingston Team nominate me for Rising Star Award (Staff) Quality Awards 2023 which I was not expecting to be nominate for I was just doing my work as an Employment Specialist. I realize this would be a spiritual dream if I did receive this award because this would make an Award-Winning NHS Professional.

I was working very hard as an Employment Specialist which was very difficult work, but this award would be the very first award, I have ever received for working in the NHS. I was very excited about this nomination and felt spiritual that I would be able to achieve this award.

On the **08/02/2024** I went to the **Quality Awards 2023 at - 211 Balham High Road, London, SW17 7BQ at 17.00 - 21.00.** On this day I was working as Employment Specialist and had

to do some IPS Sessions with clients. At around 15.30 I left my home to go to the Quality Awards 2023 and all I could think about is winning the award as Rising Star Staff (Staff).

In the Quality Awards 2023 all the NHS (CEO, Senior Management, Leads) was all there this was a massive day for me and at first, I was very nervous and didn't know what to expect when it came to Rising Star Award (Staff).

The ceremony was very special and lots of NHS Professional won Awards that evening.

Then the moment I have been waiting for came for the Nominations for Rising Star Award (Staff). This was a very spiritual moment in my life, and I told Paul Dorrington, Kat, Rob that I believe I will win this award and I had a great chance.

The moment I was waiting for the NHS Staff said, "The Winner of Rising Star Award (Staff) – Quality Awards 2023 is Christopher Rose".

I jump out of my chair with a massive smile and full of joy with lots of feelings and emotions because it was very overwhelming.

I was now an NHS Professional Award Winner of Rising Star Award (Staff) – Quality Awards 2023.

I receive my Award and it was so amazing feeling of joy and happiness but I knew in my heart that I was going to get this award I just felt the intuition and spirituality of achieving this award and it was going to be mine.

This was a very special moment in my life and I wrote about the evening in my journal.

All the CEO, Senior Management, Lead was all applauding for me.

My true spiritual honor was for Paul Dorrington & Karen Meechan who helped me when I was 24 years old in mental

health crisis and homelessness.



I realize this massive dream and been fulfilled – Words cannot explain how it felt.





Christopher Liam Rose



IPS



IPS



Award Winning Rising Star Award (Staff) (SWLSTG) 08.09.2024

When you achieve a Spiritual Dream like this it can transform your life in every way. Jesus Christ & God was the massive Spiritual Honor for this award. It is overwhelming and very spiritual to me.

I was very happy that I won my very first award for the work I have done within the SWLSTG (NHS). This was a massive award and I am happy that my work as receive the recognition for all the years I worked for the NHS which is amazing.

This award means a lot to me because I was a Service User in SWLSTG for many years when I was 15 – 25 years old but to win an award for my hard work is priceless and it is a very spiritual feeling of achievement, success and hope.

Anyone can win an award if you put your heart and mind in everything you do for the clients. I am very passionate about helping other people due to my lived experience of Schizophrenia, Psychosis, Depression which helped me to work in the mental health industry for 10 years. Paul Dorrington and Karen Meechan always had faith in my and showed me hope which is the main reason I won this amazing awards.

It is emotional to know that you are being honored for the work you do and I do believe I can win more awards if I keep helping other people in what they are going through.

From Service User – Mental Health Difficulties – Homelessness – Award Winning NHS Professional

This spiritual dream is so amazing and I am grateful to Jesus Christ & God for helping me to achieve this award.

My life mission is to help other people in what they are going

through and make sure no one goes through the life experience I went through

My mental health conditions – homelessness – life challenges have made the person I am and I wouldn't change anything because it gave me the skills and abilities to build a successful hopeful life for myself.

My passion is to help other people and give back.

## **Chapter 3**

# **IPS Grow Award Winning Quality Mark Award 2022 - 2023 (Good Fidelity) (SWLSTG)**



In my role as Employment Specialist at SWLSTG (NHS) I had to support clients in IPS Employment Support. This work was very hard work but very rewarding and I was making sure I helped clients to get into Paid Employment and Job opportunities that they really wanted to do.

Paul Dorrington (Lead Employment Specialist) told the IPS Employment Specialist Team – (Chris Rose, Billy Wong, Matthew Vidal, Chris W, Rob Hill, Laurie S, Vick S) that North Kingston & South Kingston Team will be going through a Fidelity Review with IPS Grow to see how IPS Employment Service is operating in Kingston Borough. Paul Dorrington told us all this in March – April 2023 which was ok. Paul Dorrington said Christopher Rose and Matthew Vidal will be going through the Fidelity Review with Paul Dorrington for North and South Kingston Team.

This was massive news to me, and I realize that I am going to be very busy for the next few months preparing for Fidelity Review.

In a Fidelity Review all the IPS Employment Specialist Management, North Kingston Team, South Kingston Team, Clients get Interviewed by IPS Grow.

IPS Grow is the board of IPS Practice within England, Wales, Ireland, Scotland, and they are the board that hire all of the Employment Specialist in NHS.

We found out the news about Fidelity Review in ES Weekly Meeting which we normally have on Friday morning between 10.00 – 12.00.

Paul Dorrington tried his best to comfort Me and Matthew Vidal, but we knew that this was going to be very challenging and lots of work. I realize once I knew I was going to go through a Fidelity Review that I need to work more productively and make sure I do my best for clients when it comes to IPS Employment Specialist Support.

Me and Matthew Vidal had 6 – 7 Month to get ready for Fidelity Review as an Employment Specialist.

I knew I was going to be very stressed when it comes to Fidelity Review because I was new to Employment Specialist Work, and I understood that I need to do well for North Kingston Team and South Kingston Team.

After the ES Weekly Meeting I took some time to write in my journal and process what I need to do to get a good Fidelity Review.

Paul Dorrington said to Me and Matthew Vidal that he will teach us what we need to do for Fidelity Review, and we will go through the process together.

### Preparing for Fidelity Review



Now that I knew I was going through a Fidelity Review the pressure was on to do very well for IPS Employment Specialist Team for SWLSTG (NHS) and represent North Kingston Team and South Kingston Team.

The first things I need to do is get very organized on what I need to do to get a good fidelity review. Paul Dorrington said to me you need to make sure you choose 5 clients that you want to put forward in the Fidelity Review and updates all the IPS Folders – IPS, Vocational Profile, In Work Support.

Paul Dorrington said you need to take Screenshot evidence of all the 5 clients IPS Information from Progress notes. I said to Paul Dorrington this is going to be lots of work because I have work with these 5 clients for number of months.

What I decided to do is first updated the IPS Folders of the 5 clients I have chosen to go through Fidelity Review. I created a Fidelity Review checklist for each client of the evidence that I need to provide for IPS Grow.

How to Fidelity Review Works is that all Employment Specialist are measure on the Fidelity Review from a Scale 1 – 5 from 25 Fidelity Review Points if you do everything right on each point of the Fidelity Review then you score more for Fidelity Scale. To have a good Fidelity Review you need to score a certain about of points.

**Exemplary Score - 115 - 125**

**Good Fidelity - 100 - 114**

**Fair Fidelity - 74 - 99**

**Not Support Employment - 73 - Below**

## IPS Fidelity Scale

### UK Version

|                             |  |
|-----------------------------|--|
| Reviewer                    |  |
| Employment Service and site |  |
| Employment specialist       |  |

| Fidelity Review Date: | Fidelity Review date              | Date of previous Fidelity Review | Time since last review            |                            |
|-----------------------|-----------------------------------|----------------------------------|-----------------------------------|----------------------------|
|                       |                                   |                                  |                                   |                            |
| Total Score:          | Fidelity Review score this Review | Fidelity level this Review       | Fidelity Review score last Review | Fidelity level last review |
|                       |                                   |                                  |                                   |                            |

|                          |              |
|--------------------------|--------------|
| Exemplary Score          | 115-125      |
| Good Fidelity            | 100-114      |
| Fair Fidelity            | 74-99        |
| Not supported employment | 73 and below |

|         |  |
|---------|--|
| Summary |  |
|---------|--|

#### Data sources:

#### Management Info Documents

Management Information System

Document review of employment service and clinical records, NHS Trust policy and procedures

#### Interviews

Interviews with clients, employment specialists, mental health staff, related programme staff, partner organisation staff, families, or employers

#### Observations

Observations of team meetings and employment specialists

#### Employment Plan

Individual Employment Plan

#### Reference:

This UK scale is a slight adaption of The Dartmouth Supported Employment Fidelity Scale. Becker, D. R., Swanson, S. J., Bond, G. R., Carlson, L., Flint, L., Smith, G., et al. (2008). Supported Employment Fidelity Scale. Lebanon, NH: Dartmouth Psychiatric Research Center

(<http://dms.dartmouth.edu/prc/employment/>).

This UK version has been adapted by Centre for Mental Health

Criterion: Staffing

Data sources: Management Info Documents Interviews Observations Employment Plan

1. Caseload size: Employment specialists have individual employment caseloads. The maximum active caseload for any full-time employment specialist is 20 or fewer active clients. See the Fidelity Review Manual for a definition of active clients.

**Anchor:**

|   |                                                         |
|---|---------------------------------------------------------|
| 1 | Ratio of 41 or more clients per employment specialist.  |
| 2 | Ratio of 31-40 clients per employment specialist.       |
| 3 | Ratio of 26-30 clients per employment specialist.       |
| 4 | Ratio of 21-25 clients per employment specialist.       |
| 5 | Ratio of 20 or fewer clients per employment specialist. |

**Comments:**

**Recommendations:**

Criterion: Staffing

Data sources: Management Info Documents Interviews Observations Employment Plan

2. Employment services staff: Employment specialists provide only employment services and do not provide mental health case management services. However, employment specialists may also assist clients to solve a range of employment related personal problems that may be barriers to employment.

**Anchor:**

|   |                                                                               |
|---|-------------------------------------------------------------------------------|
| 1 | Employment specialists provide employment services less than 60% of the time. |
| 2 | Employment specialists provide employment services 60 – 74% of the time.      |
| 3 | Employment specialists provide employment services 75 - 89% of the time.      |
| 4 | Employment specialists provide employment services 90 – 95% of the time.      |
| 5 | Employment specialists provide employment services 96% of the time.           |

**Comments:**

**Recommendations:**

Criterion: Staffing

Data sources: Management Info Documents Interviews Observations Employment Plan

3. Vocational generalists: Each employment specialist carries out all phases of employment service, including intake, engagement, assessment, job placement, job coaching, and follow-along support before step down to less intensive employment support from another MH practitioner and/or peer support. Note: It is not expected that each employment specialist will provide benefits counselling to their clients. Referrals to a highly trained benefits counsellor are in keeping with high fidelity (see Item 12).

**Anchor:**

|   |                                                                                                                                                                                                |
|---|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Employment specialist only provides vocational referral service to vendors and other programmes.                                                                                               |
| 2 | Employment specialist maintains caseload but refers clients to other programmes for vocational services.                                                                                       |
| 3 | Employment specialist provides one to four phases of the employment service (e.g. intake, engagement, assessment, job development, job placement, job coaching, and following along supports). |
| 4 | Employment specialist provides five phases of employment service but not the entire service.                                                                                                   |
| 5 | Employment specialist carries out all six phases of employment service (e.g. programme intake, engagement, assessment, job development/job placement, job coaching, and follow-along support). |

**Comments:**

**Recommendations:**

Criterion: Organisation

Data sources: Management Info Documents Interviews Observations Employment Plan

**4. Integration of supported employment with mental health treatment through team assignment:**  
Employment specialists are part of up to 2 mental health treatment teams from which at least 90% of the employment specialist's caseload is comprised.

**Anchor:**

|   |                                                                                                                                                                                                                                                                                                                                                 |
|---|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Employment specialists are part of a vocational programme that functions separately from the mental health treatment.                                                                                                                                                                                                                           |
| 2 | Employment specialists are attached to three or more mental health treatment teams.<br><u>OR</u> Clients are served by individual mental health practitioners who are not organized into teams <u>OR</u> Employment specialists are attached to one or two teams from which less than 50% of the employment specialist's caseload is comprised. |
| 3 | Employment specialists are attached to one or two mental health treatment teams, from which at least 50–74% of the employment specialist's caseload is comprised.                                                                                                                                                                               |
| 4 | Employment specialists are attached to one or two mental health treatment teams, from which at least 75 – 89% of the employment specialist's caseload is comprised.                                                                                                                                                                             |
| 5 | Employment specialists are attached to one or two mental health treatment teams, from which at least 90 – 100% of the employment specialist's caseload is comprised.                                                                                                                                                                            |

**Comments:**

**Recommendations:**

Criterion: Organisation

Data sources: Management Info Documents Interviews Observations Employment Plan

Integration of supported employment with mental health treatment through frequent team member contact: Employment specialists actively participate in weekly “client focused” meetings with the mental health treatment team, (not replaced by administrative meetings), that discuss individual clients and their employment goals with shared decision-making. Employment specialist’s office is in close proximity to (or shared with) their mental health treatment team members. Documentation of mental health treatment and employment services is integrated in a single client record. Employment specialists help the team think about employment for people who haven’t yet been referred to supported employment services.

**Anchor:**

|   |                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|---|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | One or none is Present | <u>Five key components.</u> <ul style="list-style-type: none"> <li>• Employment specialist attends weekly client focused meetings with the mental health treatment team.</li> <li>• Employment specialist participates actively in the team meetings with shared decision-making.</li> <li>• Employment services documentation (vocational assessment/profile, employment plan, progress notes) is integrated into the client’s mental health record.</li> <li>• Employment specialist’s office is in close proximity to (or shared with) the mental health team members.</li> <li>• Employment specialist helps the team think about employment for people who haven’t yet been referred to supported employment services</li> </ul> |
| 2 | Two are present        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 3 | Three are present      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 4 | Four are present       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 5 | Five are present       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

**Comments:**

**Recommendations:**



Criterion: Organisation

Data sources: Management Info Documents Interviews Observations Employment Plan

6. Collaboration between employment specialists and key staff members in Government DWP programmes and their contractors. Liaison is important to promote sufficient referrals and to obtain assistance with Benefits and other return to work assistance. For instance in the UK this will be JobCentre Plus and Work Programme/Work Choice Providers. The employment specialists and Government funded programme staff have frequent contact for the purposes of identifying potential referrals, discussing shared clients, and obtaining additional assistance.

**Anchor:**

|   |                                                                                                                                                                                                                                                                    |
|---|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Employment specialists and Government funded programme staff have client-related contacts (phone, e-mail, in person) less than quarterly to discuss shared clients and referrals. <u>OR</u> Employment specialists and related programme staff do not communicate. |
| 2 | Employment specialists and Government funded programme staff have client-related contacts (phone, e-mail, in person) at least quarterly to discuss shared clients and referrals.                                                                                   |
| 3 | Employment specialists and Government funded programme staff have client-related contacts (phone, e-mail, monthly to discuss shared clients and referrals. in person) monthly to discuss shared clients and referrals.                                             |
| 4 | Employment specialists and Government funded programme staff have scheduled, face-to-face meetings at least quarterly, <u>OR</u> have client-related contacts (phone, e-mail, in person) weekly to discuss shared clients and referrals.                           |
| 5 | Employment specialists and Government funded programme staff have scheduled, face-to-face meetings at least monthly and have client-related contacts (phone, e-mail, in person) weekly to discuss shared clients and referrals.                                    |

**Comments:**

**Recommendations:**

Criterion: Organisation

Data sources: Management Info Documents Interviews Observations Employment Plan

7. Vocational unit: At least 2 full-time employment specialists and a team leader comprise the employment unit. They have weekly client-based group supervision following the supported employment model in which strategies are identified and job leads are shared. They provide coverage for each other's caseload when needed.

**Anchor:**

|   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|---|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Employment specialists are not part of a vocational unit.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 2 | Employment specialists have the same supervisor but do not meet as a group. They do not provide back-up services for each other's caseload.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| 3 | Employment specialists have the same supervisor and discuss clients between each other on a weekly basis. They provide back-up services for each other's caseloads as needed <u>OR</u> , If a supported employment service is in a rural area where employment specialists are geographically separate with one employment specialist at each site, the employment specialists meet 2-3 times monthly with their supervisor by teleconference.                                                                                                                                                                                                                                                                                                                                   |
| 4 | At least 2 employment specialists and a team leader form an employment unit with 2-3 regularly scheduled meetings per month for client-based group supervision in which strategies are identified and job leads are shared and clients discussed between each other. They provide coverage for each other's caseloads when needed <u>OR</u> , If a supported employment service is in a rural area where employment specialists are geographically separate with one employment specialist at each site, the employment specialists meet 2-3 times per month with their supervisor in person or by teleconference and mental health practitioners are available to help the employment specialist with activities such as taking someone to work or picking up job applications. |
| 5 | At least 2 full-time employment specialists and a team leader form an employment unit with weekly client-based group supervision based on the supported employment model in which strategies are identified and job leads are shared. They provide coverage for each other's caseloads when needed.                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

**Comments:**

**Recommendations:**

Criterion: Organisation

Data sources: Management Info Documents Interviews Observations Employment Plan

8. Role of employment supervisor: Supported employment unit is led by a supported employment team leader. Employment specialists' skills are developed and improved through outcome-based supervision. All five key roles of the employment supervisor are present.

**Anchor:**

|   |                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|---|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | One or none is Present | <p><u>Five key roles of the employment supervisor:</u></p> <ul style="list-style-type: none"> <li>• One full-time equivalent (FTE) supervisor is responsible for no more than 10 employment specialists. The supervisor does not have other supervisory responsibilities. (Supported Employment leaders supervising fewer than ten employment specialists, may spend a percentage of time on other supervisory activities on a prorated basis. For example, an employment supervisor responsible for 4 employment specialists may be devoted to SE supervision half time).</li> <li>• Supervisor conducts weekly supported employment supervision designed to review client situations and identify new strategies and ideas to help clients in their work lives.</li> <li>• Supervisor communicates with mental health treatment team leaders to ensure that services are integrated, to problem solve programmatic issues (such as referral process, or transfer of follow- along to mental health workers) and to be a champion for the value of work. Attends a meeting for each mental health treatment team on a quarterly basis.</li> <li>• Supervisor accompanies employment specialists, who are new or having difficulty with job development, in the field monthly to improve skills by observing, modelling, and giving feedback on skills, e.g., meeting employers for job development.</li> <li>• Supervisor reviews current client outcomes with employment specialists and sets goals to improve the Supported Employment Service performance at least quarterly.</li> </ul> |
| 2 | Two are present        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 3 | Three are present      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 4 | Four are present       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 5 | Five are present       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

**Comments:**

**Recommendations:**

Criterion: Organisation

Data sources: Management Info Documents Interviews Observations Employment Plan

9. Zero exclusion criteria: All clients with mental health conditions interested in working have access to supported employment services, regardless of job readiness factors, substance abuse, symptoms, history of violent behaviour, cognitive impairments, treatment non-adherence, and personal presentation. Employment specialists offer to help with another job when one has ended, regardless of the reason that the job ended or number of jobs held. Clients are not screened out formally or informally.

**Anchor:**

|   |                                                                                                                                                                                                                                                                                                                                                                           |
|---|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | There is a formal policy to exclude clients due to lack of job readiness (e.g., substance abuse, history of violence, low level of functioning, etc.) by employment staff, case managers, or other practitioners.                                                                                                                                                         |
| 2 | Most clients are unable to access supported employment services due to perceived lack of job readiness (e.g., substance abuse, history of violence, low level of functioning, etc.).                                                                                                                                                                                      |
| 3 | Some clients are unable to access supported employment services due to perceived lack of job readiness (e.g., substance abuse, history of violence, low level of functioning, etc.).                                                                                                                                                                                      |
| 4 | No evidence of exclusion, formal or informal. Referrals are not solicited by a wide variety of sources. Employment specialists offer to help with another job when one has ended, regardless of the reason that the job ended or number of jobs held.                                                                                                                     |
| 5 | All clients interested in working have access to supported employment services. Mental health practitioners encourage clients to consider employment, and referrals for supported employment are solicited by many sources. Employment specialists offer to help with another job when one has ended, regardless of the reason that the job ended or number of jobs held. |

**Comments:**

**Recommendations:**

Criterion: Organisation

Data sources: Management Info Documents Interviews Observations Employment Plan

**10. The Mental Health Trust which refers demonstrates a focus on competitive employment:**

The NHS Trust promotes competitive work through multiple strategies. The NHS Trust initial assessment, includes questions about interest in employment. The NHS Trust displays written postings (e.g., brochures, bulletin boards, posters) about employment and supported employment services. The focus should be with the Trust services for adults with severe mental illness. The Trust supports ways for clients to share work stories with other clients and staff. The Trust measures rate of competitive employment and shares this information with Trust leadership and staff.

**Anchor:**

|   |                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|---|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | One or none is Present | Trust promotes competitive work through multiple strategies:                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 2 | Two are present        | <ul style="list-style-type: none"> <li>• Trust intake includes questions about interest in employment.</li> <li>• Trust includes questions about interest in employment on all annual (or semi-annual assessment or treatment plan reviews.</li> </ul>                                                                                                                                                                                                                                                           |
| 3 | Three are present      | <ul style="list-style-type: none"> <li>• Trust displays written postings (e.g., brochures, bulletin boards, posters) about working and supported employment services, in lobby and other waiting areas.</li> <li>• Trust supports ways for clients to share work stories with other clients and staff (e.g., Trust-wide employment recognition events, in-service training, peer support groups, Trust newsletter articles, invited speakers at client treatment groups, etc.) at least twice a year.</li> </ul> |
| 4 | Four are present       | <ul style="list-style-type: none"> <li>• Trust measures rate of competitive employment on at least a quarterly basis and shares outcomes with Trust leadership and staff.</li> </ul>                                                                                                                                                                                                                                                                                                                             |
| 5 | Five are present       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

**Comments:**

**Recommendations:**

Criterion: Organisation

Data sources: Management Info Documents Interviews Observations Employment Plan

11. Executive team support for SE: NHS Trust executive team members (e.g., CEO/Executive Director, Chief Operating Officer, QA Director, Chief Financial Officer, Clinical Director, Medical Director, Human Resource Director) assist with supported employment implementation and sustainability. All five key components of executive team support must be present for a score of 5.

**Anchor:**

|   |                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|---|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | One is present    | <ul style="list-style-type: none"> <li>Executive Director and Clinical Director demonstrate knowledge regarding the principles of evidence-based supported employment</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                               |
| 2 | Two are present   | <ul style="list-style-type: none"> <li>Trust quality assurance process includes an explicit review of the SE programme, or components of the programme, at least every 6 months through the use of the Supported Employment Fidelity Scale or until achieving high fidelity, and at least yearly thereafter. Trust quality assurance process uses the results of the fidelity assessment to improve SE implementation and sustainability.</li> </ul>                                                                                                                                           |
| 3 | Three are present | <ul style="list-style-type: none"> <li>At least one member of the executive team actively participates at SE leadership team meetings (steering committee meetings) that occur at least every six months for high fidelity programmes and at least quarterly for programmes that have not yet achieved high fidelity. Steering committee is defined as a diverse group of stakeholders charged with reviewing fidelity, programme implementation and the service delivery system. Committee develops written action plans aimed at developing or sustaining high fidelity services.</li> </ul> |
| 4 | Four are present  | <ul style="list-style-type: none"> <li>The Trust CEO/Executive Director communicates how SE services support the mission of the Trust and articulates clear and specific goals for SE and/or competitive employment to all Trust staff during the first six months and at least annually (i.e., SE kickoff, all-Trust meetings, Trust newsletters, etc.). This item is not delegated to another administrator.</li> </ul>                                                                                                                                                                      |
| 5 | Five are present  | <ul style="list-style-type: none"> <li>The IPS service leader shares information about IPS Evidence Based Barriers (difficulties) and Facilitators (successes) with the Trust Executive Team (including the CEO) at least twice each year. The Executive Team helps the service leader identify and implement solutions to barriers.</li> </ul>                                                                                                                                                                                                                                                |

**Comments:**

**Recommendations:**

Criterion: Services

Data sources: Management Info Documents Interviews Observations Employment Plan

12. Work incentives planning: All clients are offered assistance in obtaining comprehensive individualised work incentives planning before starting a new job and assistance accessing work incentives planning thereafter when making decisions about changes in work hours and pay. Work incentives planning includes the impact on all sources of income and fringe benefits (Personal independence payments, travel concession, DLA, Working Tax Credits, Universal Credit etc..) and all costs associated with commencing or changing employment. Clients are provided information and assistance about reporting earnings to any other programme that needs to know the new income details (e.g. Housing, Council Tax, HMRC etc).

**Anchor:**

|   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|---|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Work incentives planning is not readily available or easily accessible to most clients served by the IPS service.                                                                                                                                                                                                                                                                                                                                                                                  |
| 2 | Employment specialist gives client contact information about where to access information about work incentives planning.                                                                                                                                                                                                                                                                                                                                                                           |
| 3 | Employment specialist discusses with each client changes in benefits based on work status.                                                                                                                                                                                                                                                                                                                                                                                                         |
| 4 | Employment specialist or other MH practitioner offers clients assistance in obtaining comprehensive, individualized work incentives planning by a person trained in work incentives planning prior to client starting a job.                                                                                                                                                                                                                                                                       |
| 5 | Employment specialist or other MH practitioner offer clients assistance in obtaining comprehensive, individualized work incentives planning by a specially trained work incentives planner prior to starting a job. They also facilitate access to work incentives planning when clients need to make decisions about changes in work hours and pay. Clients are provided information and assistance about reporting earnings to DWP, housing programmes, etc, depending on the person's benefits. |

**Comments:**

**Recommendations:**

Criterion: Services

Data sources: Management Info Documents Interviews Observations Employment Plan

13. Disclosure: Employment specialists provide clients with accurate information and assist with evaluating their choices to make an informed decision regarding what is revealed to the employer about having a disability.

**Anchor:**

|   |                   |                                                                                                                                                                                                                                                                                                                                                                                                      |
|---|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | None is present   | <ul style="list-style-type: none"> <li>• Employment specialists do not require all clients to disclose their psychiatric disability at the work site in order to receive services.</li> </ul>                                                                                                                                                                                                        |
| 2 | One is present    | <ul style="list-style-type: none"> <li>• Employment specialists offer to discuss with clients the possible costs and benefits (pros and cons) of disclosure at the work site in advance of clients disclosing at the work site. Employment specialists describe how disclosure relates to requesting accommodations and the employment specialist's role communicating with the employer.</li> </ul> |
| 3 | Two are present   | <ul style="list-style-type: none"> <li>• Employment specialists discuss specific information to be disclosed (e.g., disclose receiving mental health treatment, or presence of a psychiatric disability, or difficulty with anxiety, or unemployed for a period of time, etc.) and offers examples of what could be said to employers.</li> </ul>                                                    |
| 4 | Three are present | <ul style="list-style-type: none"> <li>• Employment specialists discuss disclosure on more than one occasion (e.g., if clients have not found employment after two months or if clients report difficulties on the job.)</li> </ul>                                                                                                                                                                  |
| 5 | Four are present  |                                                                                                                                                                                                                                                                                                                                                                                                      |

**Comments:**

**Recommendations:**



Criterion: Services

Data sources: Management Info Documents Interviews Observations Employment Plan

14. Ongoing, work-based vocational assessment: Initial vocational assessment occurs over 2-3 sessions and is updated with information from work experiences in competitive jobs. A vocational profile form that includes information about preferences, experiences, skills, current adjustment, strengths, personal contacts, etc., is upgraded with each new job experience. Aims at problem solving using environmental assessments and consideration of reasonable accommodations. Sources of information include the client, treatment team, clinical records and with the client's permission, information from family members and previous employers.

**Anchor:**

|   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|---|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Vocational evaluation is conducted prior to job placement with emphasis on office-based assessments, standardized tests, intelligence tests, work samples.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 2 | Vocational assessment may occur through a stepwise approach that includes: prevocational work experiences (e.g., work units in a day programme), volunteer jobs, or set aside jobs (e.g., Trust-run businesses, sheltered workshop jobs, affirmative businesses, enclaves).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 3 | Employment specialists assist clients in finding competitive jobs directly without systematically reviewing interests, experiences, strengths etc. and do not routinely analyse job loss (or job problems) for lessons learned.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 4 | Initial vocational assessment occurs over 2-3 sessions in which interests and strengths are explored. Employment specialists help clients learn from each job experience and also work with the treatment team to analyse job loss, job problems and job successes. They do not document these lessons learned in the vocational profile, <u>OR</u> The vocational profile is not updated on a regular basis.                                                                                                                                                                                                                                                                                                                                                                          |
| 5 | Initial vocational assessment occurs over 2-3 sessions and information is documented on a vocational profile form that includes preferences, experiences, skills, current adjustment, strengths, personal contacts, etc. The vocational profile form is used to identify job types and work environments. It is updated with each new job experience. Aims at problem solving using environmental assessments and consideration of reasonable accommodations. Sources of information include the client, treatment team, clinical records, and with the client's permission, from family members and previous employers. Employment specialists help clients learn from each job experience and also work with the treatment team to analyse job loss, job problems and job successes. |

**Comments:**

**Recommendations:**

Criterion: Services

Data sources: Management Info Documents Interviews Observations Employment Plan

15. Rapid job search for competitive job: Initial employment assessment and first face-to-face employer contact by the client or by the employment specialist about a competitive job occurs within 30 days (one month) from start of programme.

**Anchor:**

|   |                                                                                                                                                                                                                                      |
|---|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | First <u>face-to-face</u> contact with an employer by the client of the employment specialist about a competitive job is on average 271 days or more (>9months) after programme entry.                                               |
| 2 | First <u>face-to-face</u> contact with an employer by the client or the employment specialist about a competitive job is on average 151 and 270 days (5-9 months) after programme entry.                                             |
| 3 | First <u>face-to-face</u> contact with an employer by the client or the employment specialist about a competitive job is on average between 61 and 150 days (2-5 months) after a programme entry.                                    |
| 4 | First <u>face to face</u> contact with an employer by the client or the employment specialist about a competitive job is on average between 31 and 60 days (1-2 months) after programme entry.                                       |
| 5 | The programme tracks employer contacts and the first <u>face-to-face</u> contact with an employer by the client or the employment specialist about a competitive job is on average within 30 days (one month) after programme entry. |

**Comments:**

**Recommendations:**

Criterion: Staffing

Data sources: Management Info Documents Interviews Observations Employment Plan

16. Individualised job search: Employment specialists make employer contacts aimed at making a good job match based on client's preferences (relating to what each person enjoys and their personal goals) and needs (including experience, ability, symptoms, health, etc) rather than the job market (i.e., those jobs that are readily available). An individualised job search plan is developed and updated with information from the vocational assessment/profile form and new job/educational experiences.

**Anchor:**

|   |                                                                                                                                                                                                                                                                                                                                                                                                                           |
|---|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Less than 25% of employer contacts by the employment specialist are based on job choices which reflect client's preferences, strengths, symptoms, etc. rather than the job market.                                                                                                                                                                                                                                        |
| 2 | 25-49% of employer contacts by the employment specialist are based on job choices which reflect client's preferences, strengths, symptoms, etc. rather than the job market.                                                                                                                                                                                                                                               |
| 3 | 50-74% of employer contacts by the employment specialist are based on job choices which reflect client's preferences, strengths, symptoms, etc., rather than the job market.                                                                                                                                                                                                                                              |
| 4 | 75-89% of employer contacts by the employment specialist are based on job choices which reflect client's preferences, strengths, symptoms, etc., rather than the job market and are consistent with the current employment plan.                                                                                                                                                                                          |
| 5 | Employment specialists makes employer contacts based on job choices which reflect client's preferences, strengths, symptoms, lessons learned from previous jobs etc., 90-100% of the time rather than the job market and are consistent with the current employment/job search plan. When clients have limited work experience, employment specialists provide information about a range of job options in the community. |

**Comments:**

**Recommendations:**

Criterion: Staffing

Data sources: Management Info Documents Interviews Observations Employment Plan

**17. Job development - Frequent employer contact:** Each employment specialist makes at least 6 face-to-face employer contacts per week on behalf of clients looking for work. *(Rate for each week then calculate average and use the closest scale point).* An employer contact is counted even when an employment specialist meets the same employer more than one time in a week, and when the client is present or not present. Client-specific and generic contacts are included. Employment specialists use a weekly tracking form to document employer contacts.

**Anchor:**

|   |                                                                                                                                                                                                                                                                                                                                                                                 |
|---|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Employment specialist makes less than 2 face-to-face employer contacts that are client-specific per week.                                                                                                                                                                                                                                                                       |
| 2 | Employment specialist makes 2 face-to-face employer contacts per week that are client-specific, OR Does not have a process for tracking.                                                                                                                                                                                                                                        |
| 3 | Employment specialist makes 4 face-to-face employer contacts per week that are client-specific, and uses a tracking form that is reviewed by the SE supervisor on a monthly basis.                                                                                                                                                                                              |
| 4 | Employment specialist makes 5 face-to-face employer contacts per week that are client-specific, and uses a tracking form that is reviewed by the SE supervisor on a weekly basis.                                                                                                                                                                                               |
| 5 | Employment specialist makes 6 or more face-to-face employer contacts per week that are client specific, or 2 employer contacts times the number of people looking for work when there are less than 3 people looking for work on their caseload (e.g., new programme). In addition, employment specialist keeps records that can be reviewed by a supervisor on a weekly basis. |

**Comments:**

**Recommendations:**

Criterion: Staffing

Data sources: Management Info Documents Interviews Observations Employment Plan

**18. Job development - Quality of employer contact:** Employment specialists build relationships with employers through multiple visits in person that are planned to learn the needs of the employer, convey what the Supported Employment programme offers to the employer, describe client strengths that are a good match for the employer (*Rate for each employment specialist, then calculate average and use the closest scale point*).

**Anchor:**

|   |                                                                                                                                                                                                                                                                         |
|---|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Employment specialist meets employer when helping client to turn in job applications, <u>OR</u> Employment specialist rarely makes employer contacts.                                                                                                                   |
| 2 | Employment specialists contacts employer to ask about job openings and then shares these "leads" with clients.                                                                                                                                                          |
| 3 | Employment specialist follows up on advertised job openings by introducing self, describing programme, and asking employer to interview client.                                                                                                                         |
| 4 | Employment specialist meets with employers in person whether or not there is a job opening, advocates for clients by describing strengths and asks employers to interview clients.                                                                                      |
| 5 | Employment specialist builds relationships with employers through multiple visits in person that are planned to learn the needs of the employer, convey what the SE programme offers to the employer, describe client strengths that are a good match for the employer. |

**Comments:**

**Recommendations:**

Criterion: Staffing

Data sources: Management Info Documents Interviews Observations Employment Plan

19. Diversity of job types: Employment specialists assist clients in obtaining different types of jobs, i.e. there are no or few clients employed in exactly the same role.

**Anchor:**

|   |                                                                                                    |
|---|----------------------------------------------------------------------------------------------------|
| 1 | Employment specialists assist clients to obtain different types of jobs less than 50% of the time. |
| 2 | Employment specialists assist clients to obtain different types of jobs 50-59% of the time.        |
| 3 | Employment specialists assist clients to obtain different types of jobs 60-69% of the time.        |
| 4 | Employment specialists assist clients to obtain different types of jobs 70-84% of the time.        |
| 5 | Employment specialists assist clients to obtain different types of jobs 85-100% of the time.       |

**Comments:**

**Recommendations:**

Criterion: Services

Data sources: Management Info Documents Interviews Observations Employment Plan

20. Diversity of employers: Employment specialists assist clients in obtaining jobs with different employers, i.e. there are no, or few, clients working to the same manager, department or in the same small company.

**Anchor:**

|   |                                                                                                          |
|---|----------------------------------------------------------------------------------------------------------|
| 1 | Employment specialists assist clients to obtain jobs with different employers less than 50% of the time. |
| 2 | Employment specialists assist clients to obtain jobs with the same employers 50-59% of the time.         |
| 3 | Employment specialists assist clients to obtain jobs with different employers 60-69% of the time.        |
| 4 | Employment specialists assist clients to obtain jobs with different employers 70-84% of the time.        |
| 5 | Employment specialists assist clients to obtain jobs with different employers 85-100% of the time.       |

**Comments:**

**Recommendations:**

Criterion: Services

Data sources: Management Info Documents Interviews Observations Employment Plan

21. Competitive jobs: Employment specialists provide job options that have permanent or semi-permanent status. Jobs pay at least the minimum wage (not sheltered work), are jobs that anyone would be eligible to apply for and are not set aside for people with disabilities. (Seasonal jobs and fixed-term jobs from temporary agencies are counted as semi-permanent competitive jobs)

**Anchor:**

|   |                                                                                                                                            |
|---|--------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Employment specialists provide options for permanent, competitive jobs less than 64% of the time, OR There are fewer than 10 current jobs. |
| 2 | Employment specialists provide options for permanent, competitive jobs about 65-74% of the time.                                           |
| 3 | Employment specialists provide options for permanent competitive jobs about 75-84% of the time.                                            |
| 4 | Employment specialists provide options for permanent competitive jobs about 85-94% of the time.                                            |
| 5 | 95% or more competitive jobs held by clients are permanent.                                                                                |

**Comments:**

**Recommendations:**



Criterion: Staffing

Data sources: Management Info Documents Interviews Observations Employment Plan

**22. Individualized follow-along support:** Clients receive different types of in-work support that are based on the job, client preferences, work history, needs, etc. Supports are provided by a variety of people, including mental health support and clinicians (e.g., medication changes, social skills training, encouragement), family, friends, co-workers (i.e., natural supports), and employment specialist. Employment specialist also provides employer support (e.g., educational information, job accommodations) at client's request. Employment specialist offers help with career development, i.e., assistance with education, a more desirable job, or more preferred job duties.

**Anchor:**

|   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|---|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Most clients do not receive supports after starting a job.                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 2 | About half of the working clients receive a narrow range of supports provided primarily by the employment specialist.                                                                                                                                                                                                                                                                                                                                                                                                            |
| 3 | Most working clients receive a narrow range of supports that are provided primarily by the employment specialist.                                                                                                                                                                                                                                                                                                                                                                                                                |
| 4 | Clients receive different types of support for working a job that are based on the job, client preferences, work history, needs, etc. Employment specialists provide employer supports at the client's request.                                                                                                                                                                                                                                                                                                                  |
| 5 | Clients receive different types of support for working a job that are based on the job, client preferences, work history, needs, etc. Employment specialist also provides employer support (e.g., educational information, job accommodations) at client's request. The employment specialist helps people move onto more preferable jobs and also helps people with education or certified training programmes. The site provides examples of different types of support including enhanced supports by treatment team members. |

**Comments:**

**Recommendations:**

Criterion: Services

Data sources: Management Info Documents Interviews Observations Employment Plan

**23. Time-unlimited follow-along supports:** Employment specialists have face-to-face contact within 1 week before starting a job, within 3 days after starting a job, weekly for the first month, and at least monthly for a year or more, on average, after working steadily and as desired by clients. Clients are transitioned to step down job supports from a mental health worker following steady employment. Employment specialists contact clients within 3 days of learning about the job loss. Discharge date is not completely governed by the fixed time limits of a programme or funding.

**Anchor:**

|   |                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|---|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Employment specialist does not meet face-to-face with the client after the first month of starting a job.                                                                                                                                                                                                                                                                                                                                               |
| 2 | Employment specialist has face-to-face contact with less than half of the working clients for at least 4 months after starting a job.                                                                                                                                                                                                                                                                                                                   |
| 3 | Employment specialist has face-to-face contact with at least half of the working clients for at least 4 months after starting a job.                                                                                                                                                                                                                                                                                                                    |
| 4 | Employment specialist has face-to-face contact with working clients weekly for the first month after starting a job, and at least monthly for a year or more, on average, after working steadily, and as desired by clients.                                                                                                                                                                                                                            |
| 5 | Employment specialist has face-to-face contact within 1 week before starting a job, within 3 days after starting a job, weekly for the first month, and at least monthly for a year or more, on average, after working steadily and as desired by clients. Clients may be transitioned to intermittent support, or regular monitoring, following steady employment. Employment specialist contacts clients within 3 days of hearing about the job loss. |

**Comments:**

**Recommendations:**

Criterion: Services

Data sources: Management Info Documents Interviews Observations Employment Plan

24. Community-based services: Employment services such as client engagement, job finding and follow-along supports are provided in natural community settings by all employment specialists. *(Rate each employment specialist based upon their total weekly scheduled work hours, then calculate the average and use the closest scale point).*

**Anchor:**

|   |                                                                                             |
|---|---------------------------------------------------------------------------------------------|
| 1 | Employment specialist spends 30% time or less in the scheduled work hours in the community. |
| 2 | Employment specialist spends 30-39% time of total scheduled work hours in the community.    |
| 3 | Employment specialist spends 40-49% of total scheduled work hours in the community.         |
| 4 | Employment specialist spends 50-64 % of total scheduled work hours in the community.        |
| 5 | Employment specialist spends 65% or more of total scheduled work hours in the community.    |

**Comments:**

**Recommendations:**

Criterion: Services

Data sources: Management Info Documents Interviews Observations Employment Plan

25. Assertive engagement and outreach by integrated treatment team: While participation is voluntary, support is not terminated based on missed appointments or fixed time limits. There is systematic documentation of outreach attempts. Engagement and outreach attempts are made by both mental health and employment team members. Multiple home/community visits are made. Families are contacted when applicable. Once it is clear that the client no longer wants to work or continue receiving the supported employment services, the team stops outreach.

Anchor:

|   |                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|---|--------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Evidence that 2 or less strategies for engagement and outreach are used. | <ul style="list-style-type: none"><li>• Service termination is not based on missed appointments or fixed time limits.</li><li>• Systematic documentation of outreach attempts.</li><li>• Engagement and outreach attempts made by integrated team members.</li><li>• Multiple home/community visits.</li><li>• Coordinated visits by employment specialist with integrated team member.</li><li>• Connect with family, when applicable.</li></ul> |
| 2 | Evidence that 3 strategies for engagement and outreach are used.         |                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 3 | Evidence that 4 strategies for engagement and outreach are used.         |                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 4 | Evidence that 5 strategies for engagement and outreach are used.         |                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 5 | Evidence that all 6 strategies for engagement and outreach are used.     |                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

Comments:

Recommendations:

# SCORE SUMMARY

|              | Element                                                 | Last Fidelity Review | This Fidelity Review | Change in score |
|--------------|---------------------------------------------------------|----------------------|----------------------|-----------------|
| STAFFING     |                                                         |                      |                      |                 |
| 1            | Number on caseload                                      |                      |                      |                 |
| 2            | Employment Services Staff                               |                      |                      |                 |
| 3            | Vocational Generalists                                  |                      |                      |                 |
| ORGANISATION |                                                         |                      |                      |                 |
| 4            | Integration with CMHT through team assignment           |                      |                      |                 |
| 5            | Integration with CMHT through frequent contact          |                      |                      |                 |
| 6            | Collaboration between employment specialists and JC+/WP |                      |                      |                 |
| 7            | Vocational unit                                         |                      |                      |                 |
| 8            | Role of employment supervisor                           |                      |                      |                 |
| 9            | Zero exclusion criteria                                 |                      |                      |                 |
| 10           | Mental Health Trust focus on competitive employment     |                      |                      |                 |
| 11           | Executive Team support                                  |                      |                      |                 |
| SERVICES     |                                                         |                      |                      |                 |
| 12           | Work incentives planning                                |                      |                      |                 |
| 13           | Disclosure                                              |                      |                      |                 |
| 14           | Ongoing, work-based vocational assessment               |                      |                      |                 |
| 15           | Rapid search for competitive job                        |                      |                      |                 |
| 16           | Individualised job search                               |                      |                      |                 |
| 17           | Job development – Frequent employer contact             |                      |                      |                 |
| 18           | Job development – Quality of employer contacts          |                      |                      |                 |
| 19           | Diversity of job types                                  |                      |                      |                 |
| 20           | Diversity of employers                                  |                      |                      |                 |
| 21           | Competitive jobs                                        |                      |                      |                 |
| 22           | Individualised follow-along supports                    |                      |                      |                 |
| 23           | Time-unlimited follow-along supports                    |                      |                      |                 |
| 24           | Community-based services                                |                      |                      |                 |
| 25           | Assertive engagement and outreach by integrated team    |                      |                      |                 |
|              |                                                         |                      |                      |                 |
|              |                                                         |                      |                      | Change          |
|              | Total score                                             |                      |                      |                 |
|              | Maximum IPS score                                       |                      | 125                  |                 |

This is a Document of how the Fidelity Review Scale looks like.

My plan to achieve a Good Fidelity score was to make sure I show all the evidence for five clients I was working with in North Kingston Team.

What I started to do is work very hard to get all the evidence for 5 Clients for IPS Grow. I had to work very hard from Monday - Friday 09.00 - 20.00 every day and on the weekend Saturday and Sunday to get all the work done for Fidelity Review. At first this was overwhelming work because I still had to provide IPS Employment Specialist Service to 25 IPS Clients on my Caseload and prepare for fidelity review.

I was getting very burnt out and tired because of the pressure and workload of the Fidelity Review. I had months to get all the evidence for IPS Grow but the workload was overwhelming and very challenging.

I told Paul Dorrington that the only way I would be able to get all the evidence for 5 clients is if I work overtime and on weekend. Paul Dorrington encourages me to not do this, but I said it is the only way I can do this.

During April - November 2023 I was still working hard as Employment Specialist working with IPS Clients on caseload. I was preparing all the evidence for Fidelity Review when I was not working with clients, I was doing lots of employer engagement in Kingston, Job Fairs, Retail Shops to improve my Employer Engagement and I was working overtime and really giving it my all.

The fidelity review preparing was very hard work but I managed to do my best in getting all the evidences.

Paul Dorrington said the Fidelity Review will be on **31/10/2024, 01/11/2023, 02/11/2023, 03/11/2023 (4 Days).**

Me and Matthew Vidal worked extremely hard to get all the evidence ready for our 5 clients for South & North Kingston Teams.

After hours and hours and hours of lots of work I was finally done with all the evidence for 5 clients which was a great relief.

I had to make sure all the little things were update to date from CV, Cover Letter, Progress Notes, Job Applications for 5 clients as Evidence.

I had to prepare five clients for Fidelity Review. I had to talk to North Kingston Team to see what NHS Clinicians can do the Fidelity Review from North Kingston Team with support from my Team Manager Jessica Wall and Paul Dorrington.

### **Fidelity Review - Employer Engagement Observations 20/10/2024**

On 20/10/2023 Me and Matthew Vidal had to do a Fidelity Review Observation for Employer Engagement with Julia Stapleton (IPS Grow Reviewer) in Kingston.

Me and Matthew Vidal was doing Employer Engagement Preparation in Starbucks in Kingston Bentall Centre and just making sure we were ready to meet with Julia Stapleton.

Me, Matthew Vidal and Julia Stapleton met in Starbucks in Kingston and Julia said to us are you both ready for Employer Engagement Observations, we said Yes.

First, I did the Employer Engagement in Tommy Hilfiger and spoke to a manager named Paula (Supervisor) for Tommy Hilfiger in Kingston. I asked Paula lots of employer



engagement questions and build a rapport with her even though she was very busy running the Tommy Hilfiger store. I believe I did my best in that first employer engagement and I did very well. Julia was very impressed and saw that I can do employer

engagement properly. Matthew Vidal did his first employer engagement in Nike Store in Kingston and spoke with the manager there. Matthew Vidal did excellent employer engagement and really build rapport with manager. When Matthew Vidal did his employer engagement, I was outside the Nike Store waiting. Julia was super impressed by Matthew Vidal and had lots of positive comments for Matthew Vidal which was very good.

Me, Matthew Vidal, Julia Stapleton took a break in Kingston Bentall Centre and spoke about IPS Employer Engagement. Julia Stapleton was asking as both questions about IPS and Employment Specialist Work.

After we went for some lunch in Weatherspoon (Matthew Vidal Home) and we had some food before we did the next part of Employer Engagement Observations.

My next employer engagement was at Travelodge with my good Manager friend Jehaan. Me and Jehaan had a conversation about Travelodge, the business, job opportunities, clients who are working in Travelodge as employee. This employer engagement was in the afternoon around 14.00 - 15.00. Jehaan is a great manager and I really did great employer engagement with him because we have an excellent professional relationship. Jehaan said that Christopher Rose has been an excellent employment specialist and have helped me to get real talent of employee for Travelodge (Kingston). Julia took lots of notes and was very impressed by Me and Jehaan relationship and rapport. Julia said to me that this was very good employer engagement and Christopher Rose you did very well.

Matthew Vidal second Employer Engagement was in a Retail Shop with one of the managers and Matthew Vidal and Julia was in this employer engagement for nearly 1 hours because Matthew Vidal had an excellent

rapport with Managers at 15.00 – 16.00. Matthew Vidal discuss Job Opportunities, business, how manager was doing, employees. Staff and management. Julia was super impressed by Matthew Vidal employer engagement and said you have done excellent Matthew Vidal in your employer engagement.

After 17.00 Julia said we are now finished the Employer Engagement Observations now. I am going to write up the notes and give my feedback for IPS Grow. Me and Matthew Vidal said thank you to Julia Stapleton for Fidelity Review (Employer Engagement) and we had a good time working with you.

### **IPS Grow - Fidelity Review for South & North Kingston Team**

On **31/10/2024** the Fidelity Review was beginning Me, Matthew Vidal, Paul Dorrington was all in Tolworth Hospital from 11.00 – 17.00 to make sure the Fidelity Review run smoothly. On this day South & North Kingston Team NHS Clinicians had Interviews with IPS Grow Reviewers. Also, some clients had Interviews with IPS Grow for Fidelity Review.

Me, Matthew Vidal, and Paul Dorrington was very nervous but was very happy that Fidelity Review was running smoothly.

On **01/11/2024** the Fidelity Review was still going with IPS Grow looking from all the Evidence for 5 clients that me and Matthew Vidal put forward for Fidelity Review and NHS Clinicians from South & North Kingston Team was getting interview by IPS Grow Reviewers and Clients was having Interviews with IPS Grow Reviewers.

On **02/11/2024** the Fidelity Review was continuing I had my Fidelity Review Interview with Yasmin (IPS Grow Reviewer) which went very well, and I was asked questions about IPS, IPS Caseload, Employer Engagement Outcomes, My IPS Work Performance, Employment

Specialist Work. In the Fidelity Review Interview with Yasmin, I gave it my all and made sure I showed my work as Employment Specialist.

IPS Grow Reviewer did more Fidelity Review Interviews with NHS Clinicians and Clients.

### Christopher Liam Rose Reflection on Fidelity Review with IPS Grow

- I learn that I need to do more community work with clients.
- I need to do more employer engagement with clients.
- Hard work pays off.
- Slow and Steady win the race.
- Always be yourself in the Fidelity Review.
- Focus on your clients and achieve job outcomes.
- Understand your KPI, Targets, Outcomes.
- Learn from Paul Dorrington, Kat, Rob (Lead Employment Specialist).
- Do the best things for your clients.
- Helping other people is important work.
- Helping other people is about your clients.
- IPS is a transformation process.
- IPS Grow feedback is important learning.
- Always do all IPS Paperwork properly.
- Do more effective progress notes and say things in bullet points.
- Health and Wellbeing is number 1.
- Fidelity Review is a learning experience.
- You learn so much about yourself in Fidelity Review.
- IPS is one of the best interventions for clients.
- Mental Health Recovery is possible through Employment.

On **03/11/2024** the Fidelity Review was coming to an end and the IPS Grow Reviewer was doing the final NHS clinicians Interviews and Client

Interviews. IPS Grow Reviewers was make sure they were going through all the paperwork for Me and Matthew Vidal South & North Kingston Team for all our 10 clients (5 clients for each team).

I was so happy on this day because the Fidelity Review was finally over and there nothing more I can do for North Kingston Team and Paul Dorrington.

I booked a well-deserved Annual Leave from 09/11/2023, 13/11/2023 to 17/11/2023 on Health Roster today at 12.48 which I told Paul Dorrington & Jessica Wall to Approve Annual Leave.

Doing a Fidelity Review was very hard work but I learn so much about IPS Employment Specialist Work.

#### Fidelity Review Results for South & North Kingston Team

IPS Grow said to Paul Dorrington that South & North Kingston Team **score 112** for Fidelity Review which is a Good Fidelity and Me and Matthew Vidal was award winners for **IPS Grow Award Winning Quality Mark Award 2022 - 2023 (Good Fidelity) (SWLSTG)**.

Me, Matthew Vidal, Paul Dorrington was so happy about our Fidelity Review Results because we put so much work into Fidelity Review and make sure we all gave it our best, I was very happy that now I was an Award Winner IPS Employment Specialist. This was very massive achievement and milestone for me because this was in my first 6 months of being an Employment Specialist.

This Fidelity Review Score was the highest in London which was great news for South & North Kingston Team and Paul



Dorrington, Kat, Rob, and all of IPS Employment Specialist Team.

[Kingston employment service scores highest in London! \(swlstg.nhs.uk\)](#) [Kingston IPS scores highest in London! \(sharepoint.com\)](#)



2022-2023

## CERTIFICATE OF ACHIEVEMENT

AWARDED TO

South West London and St Georges Mental Health NHS Trust- Kingston

In recognition of achieving **Good** Fidelity

Score: 112

CENTRE for  
MENTAL  
HEALTH

 SOCIAL  
FINANCE

 IPS  
GROW

## South & North Kingston Team Photo

IPS Grow Award Winning Quality Mark Award 2022 – 2023  
(Good Fidelity) (SWLSTG)



**NHS**  
South West London and  
St George's Mental Health  
NHS Trust

## Chapter 4

# Margate Holiday (16/11/2024 to 19/11/2024)



I want to take some Annual Leave because of the Fidelity Review which took some much energy and time to completed and I wanted to take a break so I can reflect on my life and where I want to go in the future. My favorite place to take breaks and relax is in Margate because when I was younger visit Margate for the first time on a school trip and felt in love with the seaside and town of Margate.

One day I want to live in Margate and be at the seaside all the time in my own house or flat and maybe rise a family of my own with my wife (If I get married).

I went on my laptop to [www.booking.com](https://www.booking.com) and booked a hotel room in Westbrook Lodge Guest House, 9 Westcliff Gardens, Margate, UK, CT9 5DS. Booking number - 4179418573 and paid £204.00 for hotel room.

I also told my management Jessica Wall and Paul Dorrington that I will be going to Margate for Annual Leave on 16/11/2023 to 19/11/2023.

On **16/11/2023** I left my flat in Battersea and packed my suitcase with clothes and toiletries and went to Margate. I took the 44 buses to Victoria and went to Victoria Underground station and travel to St Pancras Station.

At St Pancras Station I took the South-eastern trains to Margate, but I had to paid for Trains tickets to Margate because my freedom pass didn't work. I paid £50.00 for return tickets to Margate (ST Pancras Station to Margate - Margate to St Pancras Station).

On the trains to Margate, I was reading New Earth by Eckart Tolle and The Secret by Rhonda Byrne. I have always been a spiritual person and reading spirituality books helps me to learn more about ourselves. Spirituality is very important to me, and I believe when your spiritual you need to spend time learning and studying.

I learnt from the books that your spiritual presence is the most important thing, and the law of attraction will help you attract the things which you desire.

Spirituality and Nature is one of my most important things and I really honor my spirituality.

I knew while I was travelling on the trains that this break will be a spiritual trip and I will learn so much about myself and what I want to do in my life.

I was on the south-eastern trains and then we reach Margate.

As soon as I got off the trains, I felt so happy and joyful that I was finally at Margate and now I can enjoy my Annual Leave. I didn't want to think about any work or employment things while I was in Margate.

I went to Westbrook Lodge Guest House and met with the owners it was a married couple who was renting the room in the West Lodge Guest House for people who was travelling to Margate for travel and breaks.

I went to my room I had a double bedroom and had all the things that you need in a hotel rooms. I drop off all my suitcase and started to unpack my clothes and toiletries in Hotel Room.

Once I was ready and unpack, I went to Margate and started to do some filming of Margate because I want to make a Documentary of 2 films. 1) Margate Timeless 2) I am Spiritual Documentary.

I started to do lots of filming and going to lots of restaurants in Margate this was so amazing and I was really enjoying myself.

For my YouTube Channel I created a video called **Margate 16/11/2023**.









## **Margate 16.11.2023 - YouTube Video**

<https://www.youtube.com/watch?v=tR1nZL50j8s>

On **17/11/2023** I did lots of filming in Margate on the beach filming the documentary I am Spiritual Documentary.

I created 2 Videos - #SGRLIVE - Margate Season - #SGRLIVE - I am Spiritual which I uploaded on Dropbox and YouTube

I created the new documentary I am Spiritual Documentary and uploaded in on YouTube.

It was so good being in Margate and enjoying filming and my Annual Leave

I did go to some restaurants to eat and had Chinese takeaway from Yummy Yummy in Margate for £8.90.

I created a YouTube Video called **Margate 17/11/2023.**

<https://www.youtube.com/watch?v=qw2OJgHaQHU>









On **18/11/2023** I did some more filming in Margate and created Margate Timeless for YouTube.

I took lots of pictures and videos of Margate and completed filming Margate Timeless

Margate is such a great place to take a break in and I was really enjoying my break.

I went to restaurants and had lots of different foods which was great. I created a new YouTube Video called **Margate**

**18/11/2023.** [https://www.youtube.com/watch?](https://www.youtube.com/watch?v=nC73LjdljQA)



**v=nC73LjdljQA**





On 19/11/2023 I had to left Margate and Westbrook Lodge Guest House and travel back to London (Battersea). My experience of Margate was great, and this break make me think about helping other people, spirituality, Jesus Christ, God, faith, music.

I learnt that sometimes when your very busy and you need to break to give yourself time and space to have a break.

Breaks are just as important as working.

It was good staying in the Hotel Room at Westbrook Lodge Guest House, and I enjoyed my restful sleep and hospitality there by the owners.

I packed up my suitcase and toiletries and left Westbrook lodge Guest house and went to Margate Trains Stations.

I took the south-eastern trains to Margate to St Pancras Station with my suitcase and then when on the underground from St Pancras Station to Vauxhall. I then took a 344 Bus from Vauxhall to Battersea and went back to my flat.

I went to Church (Westminster Cathedral) and prayed to Jesus Christ & God to say thank you for my Margate Holiday and Spiritual Development.

When I got home, I created a YouTube Video called **Margate 19/11/2023**. [https://www.youtube.com/watch?v=ynS8cS\\_ED9k](https://www.youtube.com/watch?v=ynS8cS_ED9k)





## Chapter 5

# Starz Gang Rockstarz



I have always had a passion and desire to create spiritual music which has meaning and value that helps the listeners understand Spiritual Change. My music now has spiritual grown and spiritual develop into spiritual music and spiritual change. Being a musician has always been my true talent and spiritual gift which I share with the world and listeners. Starz Gang Rockstarz is still a Music, Media, Entertainment company but their true focus on SGR is to create spiritual music which will help the next generations of Musicians, Rappers, Singers, Producers, Content Creators become who they want to be. I have created some of my best albums in 2023 – 2024 and my music has transformed in frequency and energetic waves. I realize as a musician and going through a spiritual change that transform my life in 30/09/2014 when I lost my home and all my possessions, I realize that my gift and responsibility is to create music which is spiritual. When I was working in my music company SGR in 2010 – 2014 I was not creating spiritual music but I was creating true rap music. Since the loss of my home and all of my possessions I realize I went through a spiritual awakening and spiritual change that transform my life in every way when it comes to the creations of music and want, I want to rap about in my music. My focus is now to

create spiritual music that inspire people and help humanity, animals, universe move forward.

Spiritual music is the spiritual revolution and the future of all my new albums, mixtapes, ep, singles. As a Spiritual Musician I want SGR to be a Music company that live by the morals, beliefs, values of Jesus Christ – God – Helping Other People. I believe a massive change in my music and song writing comes from me helping other people within my daily life and always giving back to people who are going through serious challenges. I realize my gift is to help other people through music and work which I self-discovery when I went through my challenges and serious struggles.

Paul Dorrington (Lead Employment Specialist) & Karen Meechan (Clinical Psychologist) really helped me to get back on my feet after being homeless and mentally psychotic through helping me to get back into employment and learn coping strategies to overcome my life challenges.

I believe my influence in music now is based on Jesus Christ & God, Paul Dorrington, Karen Meechan for all helping me when I was going through mental health difficulties. In my music I try to talk about ways of bettering society and world which is a massive focus for me. I believe that Music is a spiritual thing and as a Spiritual Musician and Artist I must create music which is going to change humanity for the better and promote hope, control, opportunity, change.

Faith is very important to me, and my music is now spiritual because I want listeners to understand that believe in Jesus Christ & God can change your whole life for the better and when you discover your faith you must live your life purpose and calling.

My music is now my spiritual life purpose and calling but I

also call it my Spiritual Evangelism because through Words, Instrumentals, Rap, Spiritual Music I can rap about my faith and spirituality which is very important to me.

Starz Gang Rockstarz is a very important Music Company, and I would like to work in SGR for many years doing spiritual music and rebuild / rebrand the SGR Music company so it become a worldwide music, media, entertainment company.

SGR is where I will create all my music because SGR was the beginning of everything for me when it comes to developing my gifts and talents in rap music.

I realize when I was younger that I want to do something in music and arts because I was a very passionate and creative person which I have always had since I was teenager. I believe something your gifts and talents make rooms for you to work in and become who you want to be.

I believe going through homelessness and mental health difficulties help me to create SGR and start doing music because this was the way I could express all the hardships, hurts, pains, struggles, disappointments I have been through in my music.

Rap music is very important to me, and I love how poetry and rap music can change culture, social, politics, environments within economical ways. Rap Music has been going for more then 30 years now but for me Rap Music is more than just music and words it about a lifestyle, change, hope, faith, opportunities.

Music saved my life when I was 20 - 25-year-old because I was always experiencing mental health difficulties and challenges which destroy my childhood and upbringing. When I started to do Rap Music and become a Rapper, I put my heart and soul into the music I was creating and making because this

was the life path I choose away from gangs, crime, girls, drugs, money and a traumatic childhood, negative upbringing,

Music for me is my spiritual life purpose and that way I put so much energy into the music I write and make sure I rap about things which can promote real change.

I am not saying that everyone would create spiritual music because each artist and musician is different but because my life experiences lead me to the spiritual life path of spiritual music and conscious rap music that why I do spiritual music.

I hope that Starz Gang Rockstarz (SGR) become a worldwide music company and I am always going to create spiritual music forever because music is truly my passion and dream.

I have realized that creating spiritual music is the future of humanity, animals, universe and as a Spiritual Musician I am going to create spiritual music that hopefully promotes Spiritual Change.

#### Christopher Liam Rose Music (Albums, Mixtapes, EPS, Singles)

1. Star Zone Mixtape
2. Mr Sweetheart Volume 1 Mixtape
3. Rap Zone Mixtape
4. Freestyle Zone Mixtape
5. Cool Zone Mixtape
6. Positive Zone Mixtape
7. Not Written
8. SGR Starz Beats (Volume 1)
9. Starcrossed (with Bigdigga)

10. SGR Starz Beats (Volume 2)
11. Grinding Too Hard (With Mike B)



12. SGR Starz People
13. SGR Starz Beats (Volume 3)
14. Galaxy Starz Ship Music (with Smiley on the beats)
15. SGR Starz Beats (Volume 4)
16. Mr Sweetheart Volume 2 Mixtape
17. Perfection
18. Perfect Perfection Production
19. Real Gz Do Real Things
20. Acapella
21. Walking Away
22. Grinding & Hustling Forever
23. Mr Sweetheart Volume 3 Mixtape
24. Street Paradise
25. Tooting Star
26. Tooting Rockstar
27. Past Present Future
28. Heaven Sent
29. Living Forgotten Legend
30. Music Is My Life
31. Different
32. Give More
33. Life
34. Blacknaires

35. Rockstar Life
36. My Story
37. Past
38. Freedom Love Peace
39. God is Love - Love Is God
40. God Will
41. In Jesus Name
42. Jesus
43. Remember Me
44. We Will Change the World
45. Thank You God
46. Repent
47. Game Zone
48. Masterpiece (With Jan Conrad & Bigdigga)
49. Heaven Or Hell
50. SGR Superstars Beatz (Volume 1)
51. SGR Superstars Beatz (Volume 2)
52. SGR Superstars Beatz (Volume 3)
53. SGR Superstars Beatz (Volume 4)
54. SGR Starz Beatz (Volume 1)
55. SGR Starz Beatz (Volume 2)
56. SGR Starz Beatz (Volume 3)
57. SGR Starz Beatz (Volume 4)

58. The Quotes for Life 1
59. The Quotes for Life 2
60. The Quotes for Life 3 (Passion, Process, Progress)
61. The Quotes for Life 4 (Passion, Persistence, Love)
62. The Quotes for Life 5 (Freedom, Love, Peace)
63. Stay Positive (Single)
64. Wine To the Beat (Single)
65. Real Estate (Single)
66. Cool Skateboard (Single)
67. Work (Single)
68. I Had a Dream (With Norris Roberts) (Single)
69. Child Of God (Single)
70. Love & Peace (Single)
71. The Journey (Single)
72. Forgive Me (Single)
73. From Slavery to The Riches (Single)
74. Hip Hop (Single)
75. Only God Knows (Single)
76. The Applause (Single)
77. Vision (Single)
78. Master Musician
79. Be More
80. Appreciation

81. Aspirational
82. Masterpiece
83. Piano Masterpiece
84. To Be Different
85. Inspirational Messages 1
86. Inspirational Messages 2
87. Giving it all to God
88. Happy Birthday
89. I am a musician
90. Musical Creations
91. Musical Masterpiece
92. Suffering
93. The Masterful Musician
94. Truth
95. Unrelatable
96. Piano Compositions
97. Star Legend
98. Jehovah & Jesus Christ
99. Born To Do Music
100. The Musical Ministry
101. Vulnerable
102. Music
103. Music 2

104. Music 3
105. The Different People
106. Music 4
107. Influential
108. Self-Therapy
109. With God
110. Music 5
111. Tooting Musician
112. Music 6
113. God Is Everything
114. Music 7
115. Grinding & Hustling Forever 2
116. The God Revolution
117. Music 8
118. The Music Sessions
119. Music 9
120. The Music Sessions 2
121. Music 10
122. From Being Homeless to Helping Other People
123. Black Star Legend
124. The Music Sessions 3
125. The Spiritual Musician
126. The Musical Composition (Single)

127. Only For Jesus Christ & Jehovah
128. Gospel Music (Volume 1)
129. My Letter to Jesus Christ & God (Single)
130. The Music Sessions 4
131. Gospel Music (Volume 2)
132. The Spiritual Musician 2
133. Gospel Music (Volume 3)
134. The Spiritual People
135. The Spiritual Musician 3
136. My Spiritual Story (Official Single)
137. Change (Volume 1)
138. Change (Volume 2)
139. Change (Volume 3)
140. Flow With the Music (Official Single)
141. Spiritual Music (Volume 1)
142. Spiritual Music (Volume 2)
143. Spiritual Music (Volume 3)
144. Spiritually Going All Out!!!
145. Birth - Life - Death
146. Spiritual Change (Volume 1)
147. Spiritual Change (Volume 2)
148. Spiritual Change (Volume 3)
149. Spiritual Change Trilogy

- 150. Spiritual Music Trilogy
- 151. Change Trilogy
- 152. Gospel Music Trilogy
- 153. Spiritual Choices & Decisions (Official Single)
- 154. Meditation Music (Volume 1)
- 155. Meditation Music (Volume 2)
- 156. Meditation Music (Volume 3)
- 157. Grinding & Hustling Forever 3
- 158. The Future Is Now (Official Single)
- 159. Grinding & Hustling Forever Trilogy
- 160. Meditation Music Trilogy

## **Chapter 6**

# **5 YouTube Channels Remove Cyber Hacked and hijacked on 18/06/2024.**



On the 18/06/2024 I was going to work as Peer Support Coordinator (SWLSTG) (NHS) from 09.00 - 17.00 I had a very busy today because I need to do a PSW Catch Up Meeting at 14.30 - 16.00.

From 09.00 - 17.00 I was working in Sutton Borough doing my role as Peer Support Coordinator and supporting Peer Support Workers. I had to attend a few meetings from Sutton IRH like DIAM Meeting, Huddles, Domy & Chris Rose Presentation Preparation Meeting.

My workday was normal, and I had a good day at work because I felt like I made a difference to the Peer Support Workers and listened to their concerns in PSW Catch Up Meeting.

When I got home from work around 18.00, I realize an email from YouTube that my 5 YouTube Channels has been removed. At first, I didn't know what was going on and I was very shocked and upset that all my Life work has been



removed in one day from my Evangelism Videos, Faith Videos, Music Videos, Teaching Videos, Presentation Videos.

This was very hard news to deal with on this day and I said to myself there must be a reason why someone has hacked into my 5 YouTube Channels and removed all of my content.

First what I was search on YouTube Help to find out what I need to do to get back and recover my 5 YouTube Channels. YouTube Help said I had to make an appeal that I cannot gain access to my google products and YouTube channels.

I report the 5 YouTube Channels cyber hacked to the police and I was told to talk to Action Fraud Department. I called Action Fraud department (Police) and gave my story of what happened to my 5 YouTube Channels which have been hacked and removed from YouTube. I was given an **Action Fraud Police reference number – NFRC240606728801**.

Once I finished talking with police, I did an Appeal Form (form 1) on all 5 YouTube Channels to say that I have been hacked on 5 YouTube Channels.

*Hello YouTube - My name is Christopher Liam Rose, and I am writing this message to say that my 5 YouTube Channels have been hacked and remove from YouTube. This happened on 18/06/2024 I went to work for NHS as Peer Support Coordinator from 09.00 - 17.00 and received an email from YouTube that my YouTube Channels has been removed. I was very upset and shocked about what happened and did an Appeal Form straight away at 20.34 when I came back from work. I believe the Cyber Hacked went into my YouTube Channels and removed all my content from YouTube.*

*This is very serious, and I really want my YouTube Channels back because my life work is on my YouTube Channels.*

*My YouTube Channels that have been hacked*

*- Christopher Liam Rose*

*- Christopher Liam Rose Ministries*

*- Starz Gang Rockstarz*

*- Reckyz Rose*

*- Selflessly Helping Other People*

*Action Fraud Police Reference Number - NFRC240606728801*

*Please contact me asap or call me on 07494353871 my email - christopherliamrose@gmail.com. thank you.*

I also changed all my 5 YouTube Channels password and updated the Security in 5 YouTube Channels.

I was feeling very angry and upset about this Cyber Hacked of my 5 YouTube Channels, but I know that Jesus Christ & God want to me learn new life lessons and there must be a reason why someone want to destroy my life work on YouTube.

I was very upset and angry, but I stay strong and then I prayed to Jesus Christ & God about my adversity, challenges, problems I was facing with Cyber hacked of YouTube Channels.

On 19/06/2024 I had work as Peer Support Coordinator (SWLSTG) (NHS) from 09.00 - 17.00 and I had to give a What is Peer Support? Presentation to Primary Liaison Recovery Team (PLRS) to Siobhan (Team Manager) and PLRS Team at 10.00 - 10.30. I gave it my all in what is peer support. Presentation and the PLRS Team and Siobhan said thank you so much for your wonderful presentation it was very informative and helpful. I learn that I can go through the most ultimate loss but still work hard to do my role and do my work which was very insightful and amazing. Jesus Christ & God gave me the strengths to do that Presentation in the morning with PLRS Team. I did have some technical issues with the Presentation, but I manage to work through it all.

I went to Sutton Transformation Celebration event at 13.00 - 14.00 where all Sutton IRH was there, and we celebrated the Transformation in the community in Sutton with VCSE Partners.

I showed Billy Wong how to do Peer Support Referrals and look through 1 clients Support Information for Peer Support role.

UGRENT - Hello YouTube My name is Christopher Liam Rose my 5 YouTube Channels has been hacked and I don't have any access to my Brand 5 YouTube Channels. This happened Yesterday around 17.43 when I received an email for YouTube that you YouTube Channels have been removed. I believe someone has access my 5 YouTube Channels and remove all the YouTube Channels Content. Please can you recover all of my 5 YouTube Channels please it is very important to me, and my life work is on my YouTube Channels. I don't know who the Cyberhacker is, but they have access to my YouTube Channels and this is an Urgent situation I need YouTube Help right now. Please contact me asap or call me on 07494353871 my email - christopherliamrose@gmail.com. thank you.

My YouTube Channels that have been hacked

- Christopher Liam Rose
- Christopher Liam Rose Ministries
- Starz Gang Rockstarz
- Reckyz Rose
- Selflessly Helping Other People

Action Fraud Police Reference Number - NFRC240606728801

**Life Lessons I learn from cyber hacked on 5 YouTube Channels  
19.06.2024.**

- Losing is inevitable.
- You cannot spend all your time on YouTube.
- Find new ways of sharing your content.

- Security online is very important.
- Jesus Christ & God want me to learn.

- Loss is a part of life.
- Cheerful Outlook is important in life.
- Don't take thing so personally.
- There are always lessons to be learnt in pain & adversity.
- Loss makes you humble.
- Focus on your spiritual contributions.
- Mental Health Fitness is very important.
- Learn from your losses and success.
- You only grow when you suffer loss.

On 20/06/2024 I worked from home as Peer Support Coordinator from

09.00 – 17.00. I contacted EE (Mobile Network) to report Cyber hacked on my mobile and unusual activity on my Mobile Phone.

I received an **EE Mobile Reference Number - ID23580333** at 12.44.

I had peer support supervision with Karen Nelson at 13.30 – 14.30 on MS Teams and we discuss Peer Support Referrals, PSWs, Mandatory Training, Sutton IRH Politics.

I worked from home all day from 09.00 – 17.00. I went to church and prayed to Jesus Christ & God in Westminster Cathedral to give thanks you Jesus Christ & God for everything. I gave a £10.00 offering to church.

### **Self-Reflections from today 20.06.2024**

- **Losing is inevitable.**
- Don't make decisions when you're angry.
- Jesus Christ & God has called you to ministries and evangelism.
- Build – Start Again.

- Learn from your losses.
- Stay strong is spiritual learning.
- Stay on your spiritual life purpose.
- You will not understand everything.



On 21/06/2024 I worked from home as Peer Support Coordinator 09.00 -

17.00 (SWLSTG) I did a What is peer support? Presentation with Domy & Chris Rose to SMURG Meeting at 10.00 - 11.00.

I send YouTube & Google an Appeal form (form 1) for all 5 YouTube Channels at 13.19 - 13.30.

Hello YouTube - My name is Christopher Liam Rose, and I am writing this message to say that my 5 YouTube Channels have been hacked and remove from YouTube. This happened on 18/06/2024 I went to work for NHS as Peer Support Coordinator from 09.00 - 17.00 and received an email from YouTube that my YouTube Channels has been removed. I was very upset and shocked about what happened and did an Appeal Form straight away at 20.34 when I came back from work. I believe the Cyber Hacked went into my YouTube Channels and removed all my content from YouTube.

This is very serious, and I really want my YouTube Channels back because my life work is on my YouTube Channels.

My YouTube Channels that have been hacked

- - Christopher Liam Rose
- - Christopher Liam Rose Ministries
- - Starz Gang Rockstarz
- - Reckyz Rose
- - Selflessly Helping Other People

Action Fraud Police Reference Number - NFRC240606728801

Please contact me asap or call me on 07494353871 my email - christopherliamrose@gmail.com. thank you.

I created a Sutton VCSE Partners Services Presentation on 14.15 – 14.50 to help me learn about the Services in 4 VCSE Partners.

I need to have a Psychology & Counselling Therapy Session with Sara Williams at 15.00 – 16.00.

**Self-Reflections I learnt from Psychology & Counselling Session 21/06/2024 at 15.00 - 16.00.**

- Resilience is a powerful thing.
- Stay strong in defeat.
- You are not your circumstances.
- Nothing happens from coincidence.
- Spiritually you are connected.
- Start over – Build – Grow.
- You cannot take my identify.
- Learning is the key to life.
- You are not your problems.
- Self-reflection is very important.
- God & Jesus Christ has a purpose for you.
- Write a book about your losses.
- Pain is temporary.
- Life changes and you change.
- God is opening a new life path.
- Spiritual faith is the key to spiritual growth.
- Test & Challenges are rewards.
- Stay spiritual & stay thankful.

This Psychology & Counselling Therapy session made me realize that I want to create a new book called **LOSING IS INEVITABLE**.

I went to the gym and did a 45-minute workout because I need to do some exercise to release the pain I was experiencing.

I send feedback screenshot of 5 YouTube channels to YouTube

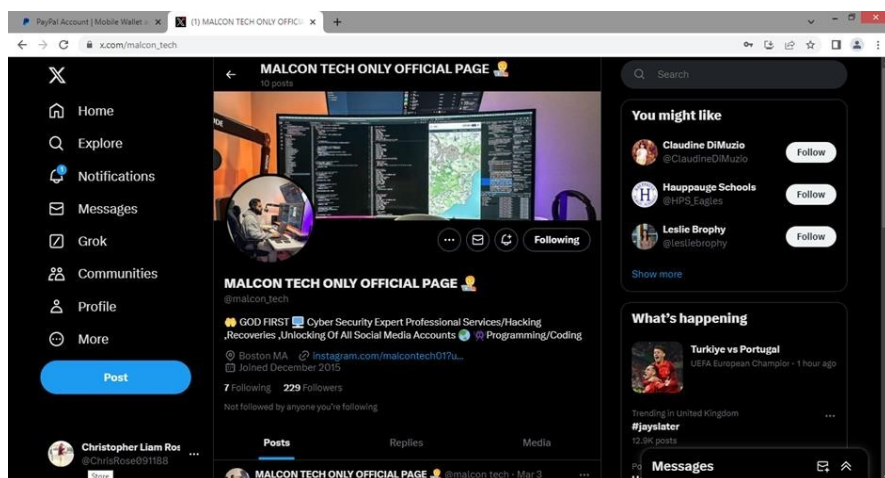
& Google that my 5 YouTube Channels has been hacked at 22.54.

# Chapter 7

## Twitter Frauds of £250.00 PayPal Money Transactions 21/06/2024 - 25/06/2024

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On **22/06/2024** I went on Twitter to try and get support technical support for my 5 YouTube Channels so I can get them recovered. I found a Tech Specialist named @malcon\_tech.



I was so desperate for technical support with my 5 YouTube Channels that I decided to pay this random Tech Specialists

£250.00 on PayPal all together to recover my 5 YouTube Channels.

## £250.00 PayPal Money Transactions to @Malcon\_Tech

I paid £100.00 on PayPal to joannepryor3629@hotmail.com at 22/06/2024 at 20.22.

I paid £100.00 on PayPal to brittneyuseltornrn@starligl.com at 22/06/2024.

I paid £100.00 on PayPal to chakarataylortfy@loveyoupp2.com at 22/06/2024.

I paid £50.00 on PayPal to uldrsohit6@hotmail.com at 24/06/2024 on 08.20.

Because I was vulnerable and mentally depressed, I paid the £250.00 to @Malcon\_Tech. I realize that this was a fraud when he kept on asking for more and more money from me and every time, I paid him he wanted more money.

I have a deep conversation with @Malcon\_Tech about recovering my 5 YouTube Channels and he didn't do the job and took my £250.00.

I realize there is massive life lessons with this, and I learnt to never trust online services unless it is on a secure trusted website.

Self-Reflection on today 22/06/2024

- Life is about self-discovery.
- Sometimes you need to take a risk.
- Be patience and do things in perfect timing.
- Learn from losses and challenges.
- You are not who you are from yesterday.
- Change is part of life.
- Focus on things you can control and not what you can't.

- Invest in your learning.
- Spiritual problems happen to spiritual people.



- You cannot change the past.
- Learn from failure.

On 24/06/2024 I knew I have been defrauded in Twitter Frauds and I made a report to Action Fraud about what happen with paying £250.00 through PayPal to @Malcon\_Tech on 24/06/2024 19.16.

Action Fraud Crime Reference Number – NFRC240606738656

I also submitted an appeal form to YouTube & Google to all 4 YouTube Channels which has been hacked and hijacked on 24/06/2024 at 20.40.

### **Self-Reflection from today 24/06/2024**

- Never make my decisions out of desperation.
- Don't spend money online unless the website is secure.
- Learn from losses and challenges.
- Your spiritual hero keep you focus.
- Stay on your spiritual life purpose.
- Losses equal more calling.
- If your vulnerable look after yourself.
- The work will always continue so keep going.
- Your struggles are your rewards.
- Don't become miserable when you face serious challenges.
- The spirituality is the secret.
- Overcome problems – Overcome your life.
- Life has problems so deal with them.
- You only grow by learning from mistakes.
- Your past losses will become your future rewards.
- Do never give up.
- You can't change time – life move forward.

- You can't control circumstances, but you can learn from them.
- Stay spiritual and stay true.

- Don't waste money ever never ever.
- Spiritual choices and decisions (Must Do).

On **25/06/2024** I went to Springfield Hospital and worked as Peer Support Coordinator (SWLSTG) (NHS).

I worked all day in Springfield Hospital from 11.00 – 17.00. I also attend Community Transformation Event from 15.00 – 17.00 about community transformation in SWLSTG (NHS) and meet Domy & Rina (Peer Support Coordinator).

Work helped me to keep my mind off all the 5 YouTube Channels hacked and Twitter frauds.

### **Self-Reflection from today 25/06/2024**

- Record & documented everything you do no matter what.
- Suffering teaches your life lessons.
- Don't get emotional but push through.
- Learning.
- Understanding yourself is knowledge & wisdom.
- God & Jesus Christ want me to learn.
- Losses are rewards.
- Don't be attached to anything but live free and spiritually.
- You cannot change time or challenges that have happen.
- More forward – Help other people.
- Learn from my spiritual heroes Paul Dorrington & Karen Meechan.
- This will pass but what important is what you learn (True).
- Character is builder from suffering.
- Don't get life challenges be the thing to stop you on

Spiritual life mission.

- Do the opposite of everyone else to have rewards that people don't get.
- Suffering brings out spiritual beauty.
- You will grow from the losses.
- You will understand at the end (Powerful).

## **Chapter 8**

# **Psychology & Counselling Therapy Sessions from Sara Williams (NHS) for Christopher Liam Rose**



As I was working as an Employment Specialist in North Kingston Team for (SWLSTG) (NHS) I realize that I needed some Psychology and Counselling Therapy for my mental health and well-being. I have been experiencing lots of angry and frustration due to all the challenging life experiences I have been through within my life. I realize if I didn't find ways to deal with the angry and frustration now, I will also feel pissed off and angry with people and the world. I realize getting some Psychology and Counselling Therapy would be a good idea for my mental health and well-being.

I called Employee Assistance Programme (CIC) from my NHS Mobile Phone and spoke to an Advisor about getting some Psychology and Counselling Therapy. The advisor said you would need to do a telephone assessment with a

therapist who can help you with Psychology and Counselling Therapy. I said Yes that would be ok because I want Psychology and Counselling Therapy for my mental health and well- being. The advisor said the next available telephone appointment will be on 19/04/2024 at 15.00 - 16.00.

I said Yes that would be ok because right now in my life I want psychology and counselling therapy.

I continue to work as Employment Specialist in my career and support clients through IPS.

I realize that Psychology & Counselling Therapy will help me to move on from Angry and Frustration with myself, people, and the world.

On 19/04/2024 I had a telephone assessment with Sara Williams a Therapist from NHS (CIC) AT 15.00 – 16.00. I told Sara Williams in the telephone assessment about my mental health background and history of having schizophrenia, psychosis, depression for around 20 years since I was 15 years old. I explained to Sara Williams that I have been through so many horrible, challenging life experiences which has nearly destroy me, but I kept pushing through and keeping my faith. I told Sara about my relationship to Jesus Christ & God and my faith and how important spirituality, and faith was in my life. I told Sara about my past relationship with ex-partner bumtzz for 3 years until we broke up and then I went through serious depression and homelessness of losing all my possessions and home in a fire in 30/09/2014.

Sara Williams explained that in the Psychology & Counselling Therapy Session we are going to talk about the here and now and not the past. I said to Sara this is ok because I didn't want to bring up the past of all my trauma and mental health difficulties. I realize these Psychological & Counselling Therapy Session will be different from the ones I had before with Karen Meechan (Clinical Psychologist) when I was 24 – 25 years old.



Sara Williams said we will have 6 Psychology & Counselling Therapy Session together where we will talk about your angry and frustration, relationships, life problems, life challenges.

I realize a CIC Reference Number – 279492 after my Telephone Assessment with Sara Williams and you will start your Psychology & Counselling Therapy Sessions with Sara Williams.

I received an email from Employee Programme (CIC) of dates and times of psychology & counselling therapy sessions with Sara Williams.

- Friday 3 May 2024 15:00
- Friday 10 May 2024 15:00
- Friday 17 May 2024 15:00
- Friday 24 May 2024 15:00
- Friday 7 June 2024 15:00
- Friday 14 June 2024 15:00

**Sara Williams & Christopher Liam Rose First Psychology & Counselling Therapy Session 10/05/2024 at 15.00 - 16.00 (First Session)**

Self- Reflections I learn in Psychology & Counselling Therapy Session

We spoke about new role (Peer Support Coordinator) role, relationships, ex-partners, spirituality.

- Spirituality is not a weakness.
- Be who you are now.
- Your life experience is all with you now.
- Be yourself & be truthful.
- Spirituality is important in relationships.

- Vulnerable is not a weakness.
- Faith is important in relationships.
- Your spiritual morals, values, beliefs must be aligned.
- You know yourself, stay true to your beliefs.
- Helping other people is the core value for me.

- Your connection to a woman must be more than physical attraction and more spiritual attraction.
- Not everyone has the same values, morals as you.
- You're not define by your past mistakes.
- Life is what you make it.
- God want you to be in relationship with someone that apart of life connection.
- Be open to change, be open to new.

**Sara Williams & Christopher Liam Rose First Psychology & Counselling Therapy Session 17/05/2024 at 15.00 - 16.00 (Second Session)**

Self- Reflections I learn in Psychology & Counselling Therapy Session

- Focus on what you are grateful for and appreciate the simple things.
- Being truthful is very important in faith.
- Go to the gym every Saturday & Sunday.
- God doesn't judge.
- When your low focus on moving the body.
- Live your purpose for Jesus Christ & God.
- Start walking home from work to clear your mind.
- God want you to be humble and content.
- You are not perfect and learn from your mistakes.
- Don't react to low feeling and emotions.
- Give people time and space to learn.
- Stay spiritual and live the truth.
- Your life experience has helped you to find truth.
- Mental health awareness is very important.
- Learning is the key to life.

- Learn how to increase your energy levels.

- Eat healthy foods improve energy levels and mental health.
- Mindfulness and meditation are part of stillness and present.
- Don't react to your feeling and emotions.
- Be an example of the person you want to be.
- Leader learns how to cope with distressed.
- You will not always get things right but learn.

**Sara Williams & Christopher Liam Rose First Psychology & Counselling Therapy Session 24/05/2024 at 15.00 - 16.00 (Third Session)**

Self- Reflections I learn in Psychology & Counselling Therapy Session

- You are not your past.
- Learning from your mistakes.
- Focus on the future and what you want to create.
- No one is perfect.
- God want you to know he is here for you.
- Spirituality & Faith is very important.
- Focus on 3 facts that you are proud of in your day that you did.
- There is nothing in the past which is good focus on your future.
- You are not your feelings and emotions.
- God want you to live your life purpose.
- Spiritually going all out!!! Everyday.
- Energy changes with motions.
- Low moods and low energy mean you're not doing the right thing for your body.
- God has seen your mistakes and still love you.
- God love is everything.

- You must love yourself first before you love others.
- Self-compassion is very important.
- Don't focus on things you can't control.

- You cannot change your past.
- The future is now.
- Sara Williams is a great therapist.
- Feel your feelings and emotions.
- Stay in the present moment.
- Self-respect is the key to self-love.
- Resilience is built with acceptance.
- God know who you will become.
- Leadership comes with challenges.
- Negative life experience is not important.
- You are not your problems.
- Be the light you want to be in the world.
- Music & Faith is your gift.
- Use your talents to change the world.
- Read the bible and live the bible.
- Your life story is created.

**Sara Williams & Christopher Liam Rose First Psychology & Counselling Therapy Session 14/06/2024 at 15.00 - 16.00 (Fourth Session)**

**Self- Reflections I learn in Psychology & Counselling Therapy Session**

- When you have low day, you need to go to the gym and workout or take a walk.
- The mind, body, soul is connected.
- Your negative thoughts / low days will pass.
- My emotional and spiritual states changes when I have low days.
- You are not your thoughts, feelings, emotions.
- Look after yourself and take care of your body.
- You can help your feelings, and emotions



through physical exercise.

- You must let the over ruminating thinking thoughts come out of you naturally.
- Learn to let go of negative thoughts & feelings.
- Health & Wellbeing is number 1.
- Stillness & quietness is very important.
- Feel what you are feeling fully and let it pass your body.

**Sara Williams & Christopher Liam Rose First Psychology & Counselling Therapy Session 21/06/2024 at 15.00 - 16.00 (Fifth Session)**

Self- Reflections I learn in Psychology & Counselling Therapy Session

- Resilience is a powerful thing.
- Stay strong in defeat.
- You are not your circumstances.
- Nothing happens for coincidence.
- Spiritually you are connected.
- Start over / Build / Grow.
- You cannot take my identity.
- Learning is the key to life.
- You are not your problems.
- Self-Reflection is very important.
- God & Jesus Christ has a purpose for you.
- Write a Book about losses.
- Pain is temporary.
- Life changes and you change.
- God is opening you up a new life path.
- Spiritual faith is the key to spiritual growth.
- Test / Challenges are rewards.
- Stay spiritual and stay thankful.

**Sara Williams & Christopher Liam Rose First Psychology & Counselling Therapy Session 28/06/2024 at 15.00 - 16.00 (Sixth Session) (Final Session)**

Self- Reflections I learn in Psychology & Counselling Therapy Session

- Learn from life challenges / life mistakes.
- Spiritual growth comes from learning.
- You will not understand everything that happen to you.
- Starting again can be very spiritual.
- The losses have life lessons.
- Change is a good thing.
- Everyone must go through pain / suffering.
- Love helps you to heal pain.
- Appreciation for life is key.
- Cheerful outlook is very important.
- Learn.

What I learn from doing the Psychology & Counselling Therapy Sessions with Sara Williams is that I need to stay resilience, move forward, start again, learn from mistakes and life challenges.

**Losing is Inevitable - (Most Important Life Lessons I learnt)**

## Chapter 9

# Losing Is Inevitable



### LOSING

I am writing this spiritual writing because I have been I experiencing serious life losses and challenges which has given me the idea to write about a book on Losing Is Inevitable. In this spiritual book I want the reader to understand that losses are inevitable in life but what is important is what you learn from the losses and challenges that you experience. In my life I have gone through serious life losses and challenges which have really destroy me but at the same time make me into the person that I am today.

Sometimes in life you don't know what you're going to lose in your life but what you can do is learn from the losses you go through and build on your personality and characteristics.

Losing is Inevitable because in life we are Born, we live and then we die but life itself doesn't have to be scary or upsetting. I realize in my life that you need to appreciate the things that you have loss to help you find your spiritual life purpose and spiritual calling.

Embrace your losses and challenges in life and push through it.

Losing is a very powerful thing because in life we are all

going through a process of life changes.

You're a baby – teenager – adult – elderly and then you pass away.

When we appreciated life, we also appreciated death because birth – life – death is always together in harmony as one full life cycle.

It is important to realize that when you do go through losses you become humbler and more spiritual because Jesus Christ & God is teaching you some life lessons.

I believe we all must understand loss and grief because it a part of life that we all must go through.

Losing is not a negative thing but an empowering thing. When your loss you gain

Matthew 10:39 NIV

**“Whoever finds their life will lose it, and whoever loses their life for my sake will find it?”**

In the bible Jesus Christ tell people that if you lost your life for my sake, you would find it but whoever find their life will lose it.

This scripture is very powerful because Jesus Christ said that losing is part of gaining and losing is part of find Jesus Christ & God.

I want you to understand dear reader that losing is the secret of life transformation. Something happen when you begin to loss things in your life that are very important to you.

In the bible Jesus Christ & God want us to experience loss but not let our losses make us upset and angry but transform your losses in life purpose and calling.

I believe your Spiritual life purpose and spiritual calling

really comes when you're willing to go through loss and pain.

Losing is painful and hurtful but can be a very transformational experience that changes you from someone who has lots of pain into a Spiritual Servant of Jesus Christ & God.

I believe losing is the key to obedience and to making your spiritually humble.

I understand that losing can really destroy you as a person but use your pain and suffering for good and others.

I believe Jesus Christ & God want us to help other people and give back.

John 3:16

**“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”**

God gave us Jesus Christ to give us all salvation and bring us to the Kingdom of God (Heaven). When Jesus Christ was alive, he was doing Ministries, Pastoring, Evangelism, Healing, Preaching, Ministering, Teachings. Jesus Christ was helping other people all throughout his ministry from 30 - 33 years old before Jesus Christ die on the Cross.

In the bible losing was part of the sacrifice of God when Jesus Christs sacrifice himself on the Cross to give us all Salvation and Freedom.

I believe you really need to understand losing and make sure you appreciated the losses and challenges you go through has a person.

Spirituality cannot come into your life without experience some hardships, challenges, pain, adversity, struggle,



suffering.

In my life the ultimate loss I went through was losing my home and all my possessions in a fire in 30/09/2014. This was a massive loss, but it taught me some many life lessons about loss and attachment.

I believe in my life losing was necessary for me to help other people and give back. I am not saying dear reader you will go through a massive loss like what I have experience but what I am trying to make you realize is losing is a part of life.

When I loss everything I gained everything back in a Spiritual way and found my life work in helping other people – music faith.

Losing is so difficult but I will advise to the reader please keep push through your adversity and pain.

Losing = Passion

When you have loss, you become more passionate and driven.

Passion helps you to understand why you have loss and experience life challenges.

I want to write dear readers some of the things you may loss. Some of the things you may have to loss.

Losing Jobs

Losing

Friends

Losing

Family

Losing

Money

Losing Pets

Losing Relationships

Losing material  
possessions Losing  
Yourself  
Losing Careers  
Losing Businesses

I am not writing this to scared you readers but to warn you that losing is going to happen in your life and everyone go through different losses.

### **Losing is a Part of Life**

Once you understand that losing is a part of life then you can start living your life in spiritual freedom and spiritual life purpose. Many people are scared to go through losing but what they don't realize is that the losing is part of their calling.

Romans 11:29 NIV

**“For God’s gifts and his call are**

**irrevocable.” 1 Thessalonians 4:7 NIV**

**“For God did not call us to be impure, but to live a holy life.”**

Proverbs 21:3 NIV

**“To do what is right and just is more acceptable to the Lord than sacrifice.”**

Romans 5:8 NIV

**“But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”**

Through this scripture we realize that calling, losing, sacrifice all have a part of being with Jesus Christ & God.

Losing is the way how we get closer to God and believe in Jesus Christ.

Jesus Christ knew if he loses his life on the Cross that he can save Humanity from sins and death and bring Humanity into everlasting life in heaven.

I have realized when I have loss that its part of a bigger purpose of God and I want you readers to understand that Loss is necessary for you to honor your calling and spiritual life purpose.

### **Helping Other People Involved a Loss**

Now that I have experience Losing, I want you to understand dear readers that you have got to loss to help other people. Sometimes in life you need to lose yourself before you can help other people.

Luke 9:24 NIV

**“For whoever wants to save their life will lose it, but whoever loses their life for me will save it.”**

I believe that Jesus Christ & God want us to help other people and give back.

This can become very difficult for many people to ever realize how important helping other people & giving back can be to your faith and spiritual life purpose. The way I would describe it dear readers is like this if you don't loss certain important things in your life that can teach you spiritual life lessons and help you to find your spiritual life purpose and calling in helping other people then it will get to a point when you may never ever self-discover your spiritual life purpose and calling.

I believe dear reader the thing in the world and society which is happening now is that people do not want to lose. Like I said dear readers this is not going to be easy to go through loss and to somehow rise above the life problems and life challenges you experience but the important life lessons is

the losing is inevitable.

You must understand that helping other people vocation and career path is a spiritual calling and spiritual life purpose you work and do. This is not based on anything other than helping other people and giving back.

The world doesn't want to lose, Society doesn't want to lose, People don't want to lose.

So, when you understand dear readers that people don't want to lose to gain the spiritual life purpose and life transformation in helping other people then for many people their life is something I can selfish or self- based.

This is very painful to watch in people and see around the world and society but to be honest this is the problem and challenges that people within helping other people vocation are trying to solve for human being.

Most people are to focus on themselves and what is happening in their life that they cannot see a life outside of themselves which is really involved in helping other people.

Philippians 2:4 NIV

**"Not looking to your own interests but each of you to the interests of the others."**

Dear readers this scripture explains helping other people and giving back – Please don't investigate your own interests but each of you to the interests of the others.

This is very important, and it must be learnt very seriously and carefully.

That is why dear readers I am explained in this chapter that Losing is the key to helping other people and spiritual obedience. I am not saying that helping other people will solve every single life experience and life challenges you experience as a human being this is true and you must understand that helping other people is as spiritual

commandment.

John 13:34-35 NIV



“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples if you love one another.”

Understand dear readers that Jesus Christ told his disciples to Love One Another as I have loved you. This is seriously important to understand in Humanity. Love one another as I have loved you.

This is very important in helping other people and giving back.

If you find your spiritual life purpose in helping other people and giving back then you start finding spiritual love for Humanity, Animals, Universe. This cannot come truly without losing something important to you because the losing something important to you teach you spiritual obedience and spirituality.

In your spiritual faith and life challenges being spiritual is just as important as losing certain things.

This is the spiritual secret of Helping Other People and Giving Back.

I have always said that helping other people and giving back truly starts when you go through pain and suffering. To very spiritual and anointing people the pain and suffering equal losing.

I didn't not say winning or achieving or success or riches. That is not what I said in this spiritual books.

What I am trying to get the reader to truly understand and learnt that. Helping Other People truly start when you have lost something important to you.

There is a very spiritual thing that I will say now on what this losing is called because I am trying to help the reader to truly understanding the importance of losing.

## Losing is called Paying the Price

You cannot help other people and give back until you have paid a certain price for the work you do in helping other people. I am not going to say this is an easy, smooth, unchallenging life experience. No not true. This can make a difference between helping other people and giving back or not making any spiritual contributions to helping other people and give back.

Like I said in this spiritual book people don't want to loss certain things to really gain the Spiritual Life Purpose and spiritual calling.

And without going through paying the price you don't get to support or help other people in what they are going through.

Life is about life lessons and life experience you learn more from what you go through as human being and that is met to teach you the truth of spirituality.

Some people will never understand the importance of what losing is all about but someone people who are very spiritual and faithful see the true spirituality and losing.

I know dear readers this is so hard to understand and really deal with – Yes, I do appreciate that dear readers but if you want to become what you want to be first you have to accept losing – things which are very important to you and then do the work of ministries or spirituality if your spiritual called to do this work.

Helping Other People and Giving Back is part of the LOSING TO YOURSELF. This is not easy to write this in the spiritual book but the spiritual riches come from losing yourself and

giving your life to Jesus Christ & God completely without thing about personal gains or material riches.

This is tough and very difficult to learn and understand but the losing is the key to spiritual obedience.

If you go through losing in your life and when I mean losing, I mean multiple life challenges and life problems then something comes from losing everything of the world and it desires.

LOSING = SPIRITUAL BEAUTY

This is a spiritual blessing of losing and going through the losing. The reason why I would say this now is because helping other people is a vocation of goodness and spirituality. To helping other people in what they are going. But you never get to this spiritual beauty without the losing.

Life comes with Losing.

Life comes with Life problems.

If you don't lose - You don't pay the price - You don't suffer - You don't go through Pain, then you will never achieve Spiritual Beauty.

Helping Other People bring Spiritual Beauty and when you have Spiritual Beauty you are spiritual fulfilled.

Spiritual Fulfilled people are prepared to go through losing, pain, suffering to really do the work of ministries and helping other people. An average human being can never begin to understand the important of Spiritual Beauty because it one of the spiritual life secrets of this life.

Spiritual Beauty = Spiritual riches = Spiritual

Fulfilment Losing is the beginning of Spiritual

## Fulfilment

Like I said dear readers losing will equal to paying a price and going through something challenging and difficult.

I am not saying that Your life experience will be the same for another individual that not how life works, and life has difficult life challenges and life problems you face but one thing I want you to understand dear readers is the Losing is the secret – THE LOSING IS THE SECRET.

If you don't focus on Money, House, Cars, Relationship, Politics, Food, Drink, Socialize, Materialism, Culture, Society, Earthly Things then something changes in the human being which are call Spiritual Fulfilment – Spiritual Beauty.

I cannot tell you dear readers what you will lose but I can tell you in this spiritual book loss and accept the losing.

Accept the losing is a spiritual thing because most people cannot accept losing.

Losing is not easy but this can become the spiritual blessing and life transformation into helping other people and giving back.

I want to say now that Ministries work has nothing to do with Money or your personal successes and personal wins in the ministries.

Please dear reader never thing that doing the work of ministries is based on what you get out of the work you do for Jesus Christ & God because that not the way to view ministries work.

Ministries work is to do the work of the lord because you have spiritual change and become born again to do the work for the lord.

This is the important thing, but the truth is Losing is the key

to spiritual obedience.

I am not saying dear readers be like the crowd – follow the rest of average human being – Do the same thing as the rest of the people.

That don't lead to Spiritual Beauty and Spiritual Change. No, it doesn't.



Spiritual Change is Spiritual Transformation in the Spiritual Realms

To Spiritual People losing is part of the spiritual calling and spiritual life purpose.

Without losing you cannot do the work of ministries.

This chapter is very deep, but I want to summary what we have learnt. Losing is an apart of life.

Helping Other People involved a Loss. You must change to help other people.

If you don't pay the price, you cannot help other people. Spiritual Obedience comes from losing.

Losing is the beginning of Spirituality and Spiritual Obedience Spiritual Beauty is a Secret

Spiritual Fulfilment is a Secret

Spiritual Transformation involved a Spiritual Change Don't do the work of Ministries for Personal Gains or Personal Material riches.

Ministries work involved Spiritual Change Spirituality makes you spiritual.

Never Ever pursue Materialism or Earthly things Spiritual Beauty make you not want.

Spirituality is Spiritual

Change LOSING IS

INEVITABLE

Losing is Inevitable in life and this is a very spiritual thing to

understand. If you are going through serious life problems and life challenges, you will have to realize that losing is.

Inevitable and sometimes in life you are going to lose things that are very important to you.

Losing is a very painful and hurtful experience but can teach us some many life lessons and inspiration. When you are going through loss and life challenges you realize the sense of suffering and pain when you lose something important to you.

Losing is Inevitable and apart of life that we live we are all going to loss at some point in our lives and the true inspiration of the losing is how you deal with your losses and overcome the pain of losing to find your spiritual life purpose and spiritual calling.

In this life we are born, we live, we die, and this is part of nature and life.

Life has a nature process of losing and loss because this brings inspiration for new and spiritual things to come in life.

When someone loss their life and pass away this can be a very painful experience for family and friends who love that individual but through the grief and the pain of losing someone close to you this can produce a sense of urgency and spiritual life purpose because we know that life is precious, and we don't have 1000 of years to live on earth.

I believe the truly spiritual learning and understanding comes when we understand that losing is inevitable and we are all going to loss in our lives whether we choose it or not.

Losing Is painful but it can help us to see the urgency of living for our dreams and desires.

I have experience serious losses in my life at the moment as I write this spiritual book but the life lessons, I have learnt is that losing is inevitable

and we have to accept that we cannot change past events or change time.

In life when you lose something important to you it could be a business, a family member, a child, money, relationships. Home, possessions, a job, a career this can teach us the important life lessons.

#### 1 Corinthians 3:15 NIV

“If it is burned up, the builder will suffer loss but yet will be saved—even though only as one escaping through the flames.”

#### Psalms 34:17-20 ESV

“When the righteous cry for help, the Lord hears and delivers them out of all their troubles.

The Lord is near to the broken-hearted and saves the crushed in spirit.

Many are the afflictions of the righteous, but the Lord delivers him out of them all. He keeps all his bones; not one of them is broken.”

#### Philippians 1:21 NIV

“For to me, to live is Christ and to die is gain.”

#### Matthew 10:39 NIV

“Whoever finds their life will lose it, and whoever loses their life for my sake will find it?”

In this scripture we see that Jesus Christ & God helps people who are going through serious losses and life challenges. It is important to remember that the losing you experience will lead you to your personal glory and spiritual

life purpose.

When we understand that losing is inevitable and we will experience suffering and pain in our lives then we can learn to accept the life problems and life challenges and overcome it.

Overcoming losses is a very hard thing to do but if we are going to become the person we want to be and live the life we were born to live then we must experience the losses and pay the price.

Losing is inevitable is a very spiritual thing because it shows the important of losing and loss which we will all go through with our life.

I want to share some spiritual life lessons you will learn when you understand that Losing is Inevitable.

#### Losing is Inevitable – Spiritual Life Lessons

- Losing develop character, personality, obedience, mentality.
- Losing can help you to find your Spiritual Life Purpose.
- Losing can help you to find your god giving talents and gifts.
- Losing can help you to rediscover yourself.
- Losing can help you to see what is important in life.
- Losing can help you develop hidden skills & creative talents.
- Losing can make your spiritually humble.
- Losing is part of the bigger picture of your spiritual life purpose.
- You cannot change what you have loss.
- Jesus Christ & God helps the person who has experience losses.
- Suffering is part of life which cannot be in voided.

- You can become more spiritual when you have loss.
- Loss makes you closer to Jesus Christ & God.
- You cannot become the person you want to be unless your loss.
- Paying the price can become a Spiritual life transformation.
- Human beings are never prepared to loss, but they will loss.
- Losing your life for Christ is an inspiration thing.



- You can only become your best self when you experience suffering and pain.
- Losing is the key to spiritual obedience.
- Spirituality helps you to become less attach to things.
- Detachment is a Spiritual Thing
- Learn to appreciate your losses and life challenges.
- Materials things don't have a value when your loss.
- The only thing that matter is your faith and spirit.
- God & Jesus Christ is with you in difficulties and losses.
- Learn to become observant of your feelings and emotions when your losses.
- Resilience is built with losses and suffering.
- You will be tested if your living spiritual life path.
- Helping other people comes in your life when you suffer and losses.
- Don't worry about what you are going through.
- Every single loss and pain will pass.
- You cannot live this life without loss so embrace the loss.
- Losing is Inevitable so appreciate what your loss.
- You cannot win in life unless you lose first.
- Survival in life comes from going through success and failures.

Dear readers I want you to understand that losing is inevitable and the sooner you realize that you're going to lose the better it will be to overcome the life challenges and life problems.

I have realized since I was 24 - 25-year-old that I am going to experience loss whether I want it to happen to me or not because it is not a choice or decision but part of my spiritual life

purpose and spiritual faith.

When I think about Jesus Christ and how much suffering, pain, losses, life challenges Jesus Christ had to overcome to do the of God and ministries

it makes you appreciate that even God suffered some many things to bring us closer with him in salvation and faith.

Dear readers don't get angry or frustrated when you go through losses and life challenges instead find out what you can learn from it – move forward – help other people – give back – stay spiritual.

I have realized that life is a continuing movement in space and time which is always moving forward into the future. What we need to understand a human being is it doesn't matter where you start in life, but it matters where you're going in life.

The Future Is Now – Losing Is Inevitable

When we understand this, we will take more spiritual actions and make spiritual choices and decisions which will help us become the person we need to be In the Future.

Yesterday – Today – Tomorrow all starts from the present moment.

Once you understand dear readers that Losing is inevitable and we don't have a choice on what we are going to loss in this life. This gives you're the power to live urgency in the present moment because anything you want to become starts from now.

Please believe me dear readers that you are going to loss but what you learn from it can be the difference between Spirituality, Faith, Despair, Depression, Suffering.

If you want to become spiritual in life you need to learn spiritual life lessons very quickly and make a note on what

you are learning.

Losing is part of life but learning is an everyday process.

You learn more from your losses than your wins and things are very important.

I want to encourage the readers now to push through your adversity and life challenges and become someone who is spiritual and faith.

When you gone through serious life losses and your whole mentality and behavior is hurt and damaged by what you have experience then you need to discover your inner strength and faith.

Dear readers as you read this spiritual book, I hope you understand that the losses you are going through is inevitable, but you will become a stronger person from your struggle.

Just remember now dear readers that losing is inevitable to live your life urgency and spirituality.

## THE MOST SPIRITUAL PEOPLE WILL GO THROUGH SERIOUS LIFE LESSONS

Spiritual People remain spiritual and faithful when they go through Adversity.

Never Give Up on your dreams and desires and keep pushing through. Your losses will pass but what you learn will live forever.

Losing is Inevitable – Appreciate life today.

## **Chapter 10**

# **Peer Support Coordinator (SWLSTG) (NHS)**



In my work as an Employment Specialist (SWLSTG) (NHS) I was working very hard in the role to help clients by providing IPS Employment Specialist Support. The work as an Employment Specialist was starting to tired me out and I was feeling very drained from the 25 clients IPS Caseload I was work with. I knew deep down that being an Employment Specialist was not my future aspiration but I did like the way how IPS can transform client's life in mental health recovery and employment. I was thinking about my career as Employment Specialist and even doe I won awards and was recognized as one of the best Employment Specialist I realize with all this success and achievement I needed a change and I wanted to get back into Peer Support. Peer Support was the way I start my career in the NHS when I was younger in 2017 working as Peer Support Worker in Gordon Hospital. I realize that Peer Support is where my heart is in mental health work because I can share my lived experience and inspire clients in mental health recovery. But I also appreciated being a IPS Employment Specialist because of the work that Paul Dorrington & Karen Meechan did for me when I was 24 - 25-

year-old. I was thinking maybe I can be a Peer Employment Specialist and help clients in mental health recovery and peer support. I knew that changing careers again wouldn't be an easy thing to do because I build a

reputation as an Employment Specialist, and I was one of the best at Employer Engagement and get clients into Paid Employment.

When I began to have doubts about being an Employment Specialist, I realize I needed to act and find a way to get back into Peer Support because I wanted to work in Peer Support. I realize I have done 10 years of working with clients throughout my mental health journey which has been very rewarding and fulfilling because I really value to importance of helping other people and giving back.

I went on [www.nhsjobs.com](http://www.nhsjobs.com) and find a very special position as a Peer Support Coordinator role (Band 5) with Jubilee Health Centre (SWLSTG) (NHS) at first, I was thinking what is a Peer Support Coordinator but something in my mind lighten up and I said to myself I am going to apply for Peer Support Coordinator role. On **30/12/2023** I did a full job application for the Peer Support Coordinator role and submitted it on NHS Trac on **30/12/2023** at **18.11**.

I had a special intuitive feeling about this Peer Support Coordinator role, and I felt like I could get this job because of my 4 - 5 years in Peer Support that I have done within my 10 years mental health careers. This role was the opportunity for me to get back into Peer Support but this was more managerial & supervising role. I realize in this role I wouldn't have a client caseload I would be managing and supervising PSWs in Sutton Borough. I have never ever been in any leadership mental health role before but this was very exciting and I was very energizing about this role. Peer Support Coordinator (Band 5) in SWLSTG is a very massive role and I realize that this was my opportunity to get into leadership and become a



Peer Support Leaders.

I knew that this role would be perfect for me, and I wanted this job very much because getting back into Peer Support is where my heart lays.

On **29/01/2024** I receive an email from NHS Trac that I have a Job Interview for Peer Support Coordinator role at Sutton Jubilee Health Centre on 09/02/2024 at 12.00 with Ebenezer Obeng (Lead) Ward Manager, Nelson, Karen Peer Support and Lived Experience Lead.

I was so happy with the good news about the Job Interview, and this was my chance to shine and become a Peer Support Coordinator.

On **01/02/2024** I did a Mock Job Interview and practice my Job Interview answers and examples for Peer Support Coordinator role. Whenever I have a job interview, I always make sure I prepare myself and really find ways to deliver the best answers in Job Interview. When it come to the Mock Job Interview, I recorded myself on Zoom Meeting and rewatch my presentation, behavior, personality, Job Interview Answers on Video & Audio.

On **07/02/2024** I had Peer Support Meeting with Kevin Fullick's (Peer Support Coordinator) and he explained the role of being a Peer Support Coordinator.

Kevin Fullick's – Peer Support Coordinator Advice and Guidance

- 1) Peer Support Work with SWLSTG – Communities – Mind, Age, Sutton Mental Health Foundation
- 2) Work with organization, leads, peer support workers.
- 3) Coordinator the work for Peer Support Workers.
- 4) Manage and do Supervisions for Peer Support Workers.
- 5) Attend DIAM Meeting with Peer Support Workers.
- 6) Manage relationship with leads.
- 7) Be involved with clinical teams.
- 8) Manage Peer Support Referrals

- 9) Be in Assessment with clinicians for clients who need clinical or peer support.

- 10) Show passion for peer support.
- 11) Keep to where your heart is in Peer Support.
- 12) Delivering Peer Support Training to clinicians.
- 13) Manage Peer Support in Sutton Borough.
- 14) Learnt about the principles of Peer Support.

On **08/02/2024** I went to Quality Awards 2023 in Balham for NHS Awards Ceremony, and I won the Rising Star Award (Staff) for IPS Employment Specialist work. All the leads, senior management, lead CEO gave me an applause for my achievement and success. This was a life changing day for me because for the first time in my life my work in the NHS got recognize and I put North Kingston Team, IPS Employment Specialist, SWLSTG, NHS on the map. I was very grateful to Paul Dorrington & Karen Meechan for helping me when I was 24 - 25 years old in mental health hospital and homelessness. I was grateful to North Kingston Team for believing in my IPS Work as an Employment Specialist and helping me work with clients to get into Paid Employment. I was grateful to Jesus Christ & God for helping me in my faith and my spiritual walk with God and this was the ultimate recognition.

On **09/02/2024** I had my Job Interview at Jubilee Health Centre for Peer Support Coordinator role. I was fully passionate and ready for Peer Support Coordinator Job Interview. The Job Interview was at 12.00 with Ebenezer Obeng (Lead), Service User, Student. Ebenezer asked me 3 Job Interviews questions about Peer Support Coordinator role, Service User asked me 3 questions about Peer Support and Lived experience, Student asked 2 Job Interview questions about Peer Support. I answered all the Job Interview questions to the best of my

ability and I show my passion for Peer Support and mental health recovery in the Job Interview.

After the Job Interview, I knew I did effort to get the job as Peer Support Coordinator due to my 10 years work experience with mental health industry which includes 4 – 5 years of Peer Support work experience.

I took a walk in Battersea Park and walked for 45 minutes. I was self- motivating myself and saying something new.

I realize that doing this Job Interview was a dream come true and I really appreciated the job opportunity of Peer Support Coordinator.

On **13/02/2024** I received good news from Ebenezer Obeng that I got the Job Offer for Peer Support Coordinator role with Sutton Jubilee Health Centre. I am super happy and joyful about this news, and it means a lot to me. I spoke to Paul Dorrington about getting the Job and he was very upset and confused on why I apply for the job as Peer Support Coordinator role. Paul Dorrington wants me to be an Employment Specialist, but my future is in Peer Support in Mental Health.

I realize I can always go back to do IPS Employment Specialist work if I wanted to but my heart and my passion wanted to accept this new job role as Peer Support Coordinator. Sometimes you know intuitively when it's time to move on and do something new. I felt like as IPS Employment Specialist I did very well and help clients in amazing ways to get paid employment but the one thing that really changed my mind about being a IPS Employment Specialist is that I wasn't getting clients to help other people and give back. I felt like this was something I was very passionate about and Helping Other People is my life work. I realize not every client would be able to help other people but because my

morals, values, principles, beliefs are about helping other people I felt like I was disconnecting from what I truly want to do for clients. That why I made a clear final decision to accept the new role as Peer Support Coordinator from Ebenezer Obeng.

I went to church and prayed to Jesus Christ & God to say thank you so much for giving me a job opportunity of my dreams. I was so happy and joyful to Jesus Christ & God for giving this to me.

On **14/02/2024** I did all the Peer Support Coordinator eforms and book ID Check 22/02/2024 which I would need to bring passport, 3 bank statements, DBS Check at Springfield Hospital – Newton Building.

On **15/02/2024** I send Paul Dorrington & Jessica Wall an email that I will be leaving my role as Employment Specialist to become Peer Support Coordinator in Jubilee Health Centre. I also send Job Letter from NHS (SWLSTG) to Paul Dorrington & Jessica Wall.

On **20/02/2024** I had a IPS Catch up with Billy Wong, Matthew Vidal and told them that I got the job offer for Peer Support Coordinator (SWLSTG) and that I am leaving as Employment Specialist role. They were very happy for me and Billy, Matthew are great work colleagues we really get along very well.

### **IPS Employment Specialist life lessons 20/02/2024**

- Work only from 09.00 – 17.00.
- Do EE in morning and afternoon before 16.00.
- IPS is hard work but make sure you take regular breaks.
- Teamwork is important in mental health.
- Learn by example.
- Learn from mistakes.
- EE talk about employers, organizations, business not job vacancies.

On **21/02/2024** I wrote some **IPS Employment Specialist Life**



## Lessons

- IPS is hard work make sure you look after yourself.
- Plan and act.

- Work smarter not harder.
- Regular breaks are just as important as work productively.
- Silents has all the answers.
- IPS is fulfilling and rewarding.
- Helping client to be independence.
- Learn from your strengths & weaknesses.

On **22/02/2024** I went to Springfield Hospital and did ID Checks with HR Team (SWLSTG) for Peer Support Coordinator role. I gave in my Passport, Driving License, Bank Statements, DBS Check. I also told payroll, bank staff today about me getting Peer Support Coordinator role (Band 5) and leaving my role as Employment Specialist.

On **29/02/2024** I send an email to Paul Dorrington & Jessica Wall to give in my resignation letter for Employment Specialist role 29/02/2024 at 14.09.

Today I am going to be in Tolworth Hospital to do some job shadowing with AZ today. We have 2 IPS Session with clients today.

Today I have been doing job shadowing with AZ (Employment Specialist). We did IPS Session with 1 client who was struggling to communicate with Employment Goals.

I have sent resignation letter to HR, Payroll, Bank Staff today 29/02/2024 at 14.30. I send an email to North Kingston Team and all IPS Employment Specialist Team about leaving my role as Employment Specialist. I knew this would be a massive shock to the teams, but this is where my heart is to do Peer Support.

## **IPS Employment Specialist Life Lessons - 29/02/2024**

- Health & Well-being is number 1.
- Take regular breaks when helping other people.

- Focus on the spiritual contributions.
- Changing careers is changing life direction.
- Learn from mistakes and grow.
- You can only help other people when you help yourself.
- Contributions are not based on money.
- Do what your passion about.
- Focus on your spiritual calling.
- Rest is just as important as work.

On **01/03/2024** I learnt some new **IPS Employment Specialist Life Lessons 01/03/2024**

- Life is a school of spiritual learning.
- Feel your feeling and emotions.
- Your life purpose will give you energy.
- Fear destroy love – Live in love.
- Overcome hard day by focusing on your mission.
- Helping other people is life mission.
- Self-care is very important.
- Focus on your difference and contributions.
- Challenges and low moods are things to learn from.
- Overcome suffering with faith/love.

On **06/03/2024** I completed a OH Telephone Appointment and I have been cleared. This was a OH Appointment about my mental health conditions, diabetes, dyslexia. I spoke with Frankie Brady, and she said I would be able to work as a Peer Support Coordinator in Sutton Jubilee Health Centre, but I would need reasonable adjustments for my work.

On **12/03/2024** I learnt some new **IPS Employment Specialist Life Lessons - 12/03/2024**

- Health & Well-Being is Number 1.

- Take regular breaks is necessary.
- Give myself 1-hour breaks after see client to give me time off.
- I can work productive even when I am not feeling 100%.
- Discipline is about taking actions.
- If you look after your well-being, you can help more people.
- Naps help to give you energy.
- Helping other people is hard work.

On **13/03/2024** I learnt some **IPS Employment Specialist Life Lessons - 13/03/2024.**

- Look after your health / wellbeing.
- Focus on helping other people and self-care.
- Take regular breaks is necessary.
- Breaks give you energy.
- Drink lots of water.
- Your imperfects make you perfect because you have challenges and difficulties.
- Being yourself is very important when support and helping clients.
- Job promotion is part of hard work.
- Be always professional with clients.
- IPS Work is hard work.

On **03/04/2024** I learnt some **IPS Employment Specialist Life Lessons - 03/04/2024.**

- Take regular breaks (Always).
- Client needs to take responsibility for getting paid employment.
- When your stressed out take a walk.
- Self-care is not selfish.

- Look after yourself.

- You can all give so much in 1 day before burning out.
- Nature / Silent has answers to spiritual questions.
- Spirituality is very important in helping other people.
- Health & Well-being is number 1.
- Sleep help to energies your body, mood, energy.

On **17/04/2024** I spend the day with Paul Dorrington & Kevin Fullick and Peer Support Workers in Livingston House where Paul Dorrington gave an IPS/Peer Support Talk to Peer Support Workers. Paul Dorrington is my spiritual hero and I love Paul Dorrington for what he did for me when I was 24 - 25 years old. Watching Paul Dorrington speak about his life story and IPS/Peer Support was very inspiration and motivating and Paul Dorrington really made a massive difference to the Peer Support Workers in the IPS/Peer Support Talk.

I learn some important life lessons from Paul Dorrington because he was teaching me.

### **Paul Dorrington Teachings - 17/04/2024**

- Be your own leader.
- Resilience is created by work experience you become more resilience as you are helping other people.
- Learning is the key to achievement.
- Leadership goes through challenges and struggles but stay persistence.
- It the difference that makes the difference.
- Helping other people is the compassionate vocation.
- Focus on your leadership skills.
- Invest in yourself.
- Life challenges do come but you must balance your

feelings and emotions daily.



- 1 day at a time (Must Do).
- You got to stay calm and resilience in helping other people.
- Everything takes time to develop.
- Helping other people is about self-care with emotion resilience.
- Balance is part of work you cannot work giving, giving, giving without burn out.
- Have a life outside of career work.
- Spirituality is what make the difference.
- Change yourself – change your life.
- Spiritual change is more important than money.

**Paul Dorrington & Karen Meechan are my spiritual heroes.**

On **26/04/2024** I learnt some new **IPS Employment Specialist Life Lessons and Self-Reflections**

- Work experience is Key.
- Love what you do, and you will work hard.
- Patience is the key to progression.
- Your hard work pays off.
- Achievement/Success is Part of the journey.
- Learn every day, Grow Every day.
- Spirituality is about progression.
- Learn from your work experience.
- Secrets in life is found in silent and stillness.
- The Future Is Now.

On **30/04/2024** This day was my **last official day as Employment Specialist in SWLSTG** (NHS) North Kingston Team. I wanted to celebrate the success and achievements I have done as Employment Specialist with North Kingston Team, Paul Dorrington, Jessica Wall.

I was very passionate about being an Employment Specialist, but I realize I am even more passionate about become a Peer Support Coordinator (SWLSTG) (NHS) for Sutton Jubilee Health Centre).

I went to Tolworth Hospital, and it was very quiet with not much NHS (Staff) in the office, but everyone was very busy who was in Tolworth Hospital Working. I brought some Cakes, Crisps, Snacks for North Kingston Team and said my final goodbye to North Kingston Team. It was very emotional but rewarding knowing that I am progressing in my career, and I have left my Employment Specialist role on good terms.

I was really going to miss North Kingston Team because I was an Employment Specialist for 1 years – 3 Months. This role was a very important part of my mental health journey working in NHS as I knew become an Employment Specialist would make me realize my dream of working with Paul Dorrington (Spiritual Hero). I realize that my passionate for IPS & Peer Support would be something I will always have with me and If I ever want to become a Peer Employment Specialist, I would be able to do that.

I was sad that I was leaving a good team in North Kingston Team but was excited about the journey ahead and working as Peer Support Coordinator.

The NHS (SWLSTG) has been very good to me in my mental health journey, and I have so much respect and kindness towards the NHS Teams and people I work with.

I was ready to move on and become a Peer Support Coordinator. Sometime in life when you go through new

career changes it means a new future.

On **01/05/2024** was my first official day as Peer Support Coordinator but I took this day as an Annual Leave and didn't officially work on this day.

The reason for this was because I felt like I need a break from work because I entered a new role and I want to reflect on my time as an Employment Specialist. I have learnt that sometime the best thing you can do for yourself if give you're a break and reflect on your work performance and the skills & abilities you learnt. It is necessary and important to give yourself breaks when you are working in helping other people because this work can be very drained and emotional.

I went to church and prayed to Jesus Christ & God to say thank you for giving this new role as Peer Support Coordinator and that I am so thank you to the spiritual support that you have given me without my 10 years in mental health industry. My faith is important part of my life and the reason why my life has changed into helping other people and giving back. I realize that the new career opportunity that the lord give to me is for me to help other people and give back. This was my first ever leadership role as a Peer Support Coordinator and I realize that I want to make a massive difference in the lives of NHS Clinicians, Peer Support Workers, Management, Clients.

Paul Dorrington & Karen Meechan was the reason why I got a career within the mental health industry, and I realize I need to make sure I do my best in the new role as Peer Support Coordinator. This role means a lot to me and having time to reflect my time as Employment Specialist has really helped me to learn that I can do this and become a great Peer Support Coordinator.

Self-Reflections - Life Lessons I learnt from Employment Specialist Role 01/05/2024.

- Focus on the thing you have control and don't worry about things you cannot control.
- Working hard doesn't make you productive.

- Time and space to reflect is very important throughout your day.
- Your work is about meaningful, valuable difference and contributions.
- Understand that you cannot resolve everyone problems in work and learn by mistakes.
- Regular breaks are just as important as working.
- You learn as you go – work experience will teach you.
- Achievements and success don't mean anything if you don't contribution.
- Challenging day do come but it what you learn from it.
- Patience & Kindness help you to be more compassionate and empathic.
- Moving forward is the key to life progression.
- You're not a leader when things are good, you're a leader when problems and challenges arise.
- You can only learn by each day – The Past – The Present – The Future is all an illusion. Learn by each day.
- When you make mistake have the courage to say your wrong and learn from it.
- Employment Specialist work is important by the jobs must be right for the Individual.
- Client do need to take responsibility for their actions and the things they are not doing because that is not basic on you but them.
- You can't tell people what to do – They must learn from themselves.
- Change is not east but change can be rewarding.
- Remember why you do what you do and let that inspire you on your career journey.

- It not how you start that matter it how you finish.

- Problems are rewards when you overcome them.
- You succeed when you live your life purpose and do work which is important.
- Don't worry about people perceptions of what you do because they don't understand, focus on your work.
- Silent has answers, stillness has answers.
- If you're unsure about something, follow your intuition.
- Leadership is learnt – Actions is process of learning.
- Your difference is your difference and it's the difference that make the difference.
- Learning is the key to helping other people.
- Being Alone is very important – Work with a team is very important – When your alone you can think creativity and differently.
- You learn from the process of actions you sometimes you take wrong actions, but some are right.
- Not everyone has your passion or desires remember that your journey.
- Helping other people is a vocation.
- I learn something very important now as I am journalling in IPS Employment Specialist work – It is important for the client you support to help other people in some way, or they wouldn't get the opportunity to do it.
- Helping other people sometimes means you will not thank for your work but that is normal.
- You learn step by step and be different.
- Helping other people is the motivation and very important.



- You are only as good as your team – you only as good as each day (Important).
- No days are the same – Journal for each day.

- Your Past work performance has nothing to do with the work you do in the present.
- Leader is born from adversity and struggle.
- Be a leader – Learn from yourself.
- Self-education – Self Learning is everything in helping other people.
- Stay Strong – Stay Spiritual.

On **07/05/2024** I official started my first day as Peer Support Coordinator in Sutton Jubilee Health Centre from 09.00 – 17.00. Emmanuel introduces me to all the Sutton IRH Teams in Jubilee Health Centre and there was lots of teams with the building. I met Christopher Walsh & Billy Wong (Employment Specialist) in Jubilee Health Centre and they were doing well. I met with Ebenezer (Clinical Lead) of Sutton IRH which was really good and we spoke about my role as Peer Support Coordinator.

I was reading the Peer Support Coordinator job description & personal specification.

Job Title: Peer Support Co-

Ordinator Band: Band 5

Hours: 37.5 hours per week or pro-

rata Responsible to: Service Manager

Managerially Accountable to: Peer Support and Lived

Experience Roles Lead Base: Borough based location.

Our values

Our values are in keeping with the NHS Constitution and our Behaviors framework. They set the standards for how we plan and make decisions; deliver quality care; behave with each

other and service users and recruit, induct, supervise, appraise, and develop our staff. We are looking

for staff who will help us live these values and help to make SWLSTG a better place for everyone.

## **JOB SUMMARY**

The post holder will contribute their lived experience knowledge and expertise in supporting the organization to develop and embed peer-led recovery-focused services.

They will be responsible for overseeing the day to day running of peer support services within a specified borough within the community service line across the Trust to our service users and carers through elements of their recovery journey. They will develop and maintain partnerships, in a specified borough, with agencies and organizations that provide peer support to the people we work with. They will provide a management and supervision function to people employed by partner organizations in lived experience roles.

## **KEY RESULT AREAS**

### **Clinical & Operational Responsibilities:**

- To provide recovery-oriented input to those in lived experience roles in relation to supervision, urgent care issues and referrals.
- To process referrals by communicating with referrers and service users and carers to obtain information and explain the service offer.
- In collaboration with service users and carers, promote plans of support to optimize recovery and health and wellbeing.
- To identify risk issues related to new or existing service users (via new referrals and supervision) and take

action to promote safe and effective working including escalating any concerns when necessary.

- To assist people in lived experience roles to reflect on how to provide, create and deliver a range of peer support activities and care planning to their clients in the most effective way.
- To provide direct support to people in lived experience roles by attending joint visits for those service users with more complex issues.
- To ensure that policies and procedures are relevant and understood by people in lived experience roles.
- To work directly with teams, services, and other organizations in order to help them integrate peer support into their service where needed.
- To work alongside and support those in peer support roles to help them achieve the competencies identified within the national Peer Support Competency framework.

## **Communication**

- To actively promote peer support throughout the Trust.
- Actively seek to understand, communicate, and support families' and carers' views and needs to internal and external stakeholders in a variety of settings.
- Develop and maintain relationships with our delivery partners that provide peer support to the people we work with.
- To work closely with the community service line to promote lived experience and peer support roles and proactively identify opportunities to contribute to their governance and service design/ redesign.
- To maintain and support development of appropriate databases, record keeping systems and monitoring

and reporting procedures to meet all professional and contractual requirements.

- To contribute to the development of materials which celebrate and promote the peer contribution to service delivery e.g., videos, booklets, leaflets, audio recordings, posters etc.
- Co-designing and co-delivery of training sessions and presentations both with and for service users, staff and external organizations as required.
- To facilitate and support information sharing, and exploration of shared experiences based on peer support values.
- To maintain a professional relationship with service users, carers, colleagues, and external stakeholders with attention to confidentiality and the maintenance of boundaries.

### **Supervision and Training**

- To undertake Mandatory and Statutory training (MAST) as required by Trust Policy
- To contribute and commit to undertaking and Performance Appraisal and Development Review (PADR)
- To undertake personal development as identified in the Personal Development Plan (PDP)
- To provide effective guidance and supervision/line management to more junior members of the team as directed by the Peer Support and Lived Experience Roles Lead
- To contribute to the delivery of and attend group peer supervision in the form of a monthly support & development group.

### **General**



- This is not an exhaustive list of duties and responsibilities, and the postholder may be required to undertake other duties which fall within the grade of the job, in discussion with the manager.

- This job description will be reviewed regularly in the light of changing service requirements and any such changes will be discussed with the postholder.
- The postholder is expected to comply with all relevant Trust policies, procedures, and guidelines, including those relating to Equal Opportunities and Confidentiality of Information.
- The postholder is responsible for ensuring that the work that they undertake is conducted in a manner which is safe to themselves and others, and for adhering to the advice and instructions on Health and Safety matters given by Manager(s). If postholders consider that a hazard to Health and Safety exists, it is their responsibility to report this to their manager(s).
- The postholder is expected to comply with the appropriate Code(s) of Conduct associated with this post.
- Southwest London and St George's Mental Health NHS Trust operates a no smoking policy. The Trust has been smoking free since 01 January 2006.
- Created: May 2021

## **PERSON SPECIFICATION**

Job title: **Peer Support Co-Ordinator** Band:

5 ESSENTIAL      DESIRABLE

## **TRAINING & QUALIFICATIONS**

- Good standard of education with a relevant qualification (equivalent to A level standard) / appropriate portfolio of training in community &/or health, social care, or a related field.

- Relevant professional qualification registered nurse / AHP/ Social Worker and/or Mental health related qualification e.g., Mental health first aid; coaching.

- Completion of accredited LXP/PSW training.
- Customer Service/ Business Admin.

/ITQ or equivalent professional experience

## **EXPERIENCE**

- Lived experience of mental health challenges or caring for a family member or friend who has experienced mental health challenges.
- Experience of day-to-day operational team systems – working to a budget/ordering equipment /roster.
- Experience of using Microsoft packages including Microsoft teams.
- Prioritizing, planning, and organizing own tasks.
- Experience of dealing with difficult situations and confrontations.
- Data entry and record keeping experience.
- Recent experience of working in the mental health sector at band 4 or equivalent.
- Experience of working with people and their families who may have complex physical &/or emotional wellbeing needs and require a diverse range of services or support.
- Experience of working in collaboration with others to get a project completed.
- Experience of designing and delivering training and facilitating groups.
- Lived experience of mental health challenges or caring for someone who has accessed secondary mental health services.
- Experience of managing and developing a project or service.

- Recruitment and selection of staff/volunteers.
- Performance management of staff.

- Experience of QII approaches.
- Experience of working in a customer services role.
- Experience of delivering events.

## **KNOWLEDGE & SKILLS**

- Understanding about the concepts of recovery and how these might be applied in practice.
- Understanding of the principles and practice of peer support.
- Good working knowledge of office procedures and all Microsoft office packages.
- Awareness of anti-discriminatory issues.
- An understanding and current knowledge of Policy and Practice in the areas of:
  - o Mental health,
  - o carers,
  - o Safeguarding,
  - o Equality and Diversity, Confidentiality,
  - o Information Governance,
  - o Health and Safety.
- Knowledge of the Trust including awareness of values & priorities.
- Knowledge and Understanding of Voluntary Services supporting carers and/or people with mental health challenges.
- Knowledge of the 4Pi national involvement standards.
- Ability to participate in routine departmental tasks / procedures.
- Evidence of mental health related training / qualification.
- Ability to work as part of a team.
- Ability to use own initiative and work autonomously.

- Ability to use own lived experience appropriately to engage and support the recovery of others.

- Excellent communication skills including telephone, email, face to face and using MST/Zoom
- Ability to organize and manage own time and keep to schedules and deadlines.
- Ability to present and interpret complex data.
- Leadership skills.
- Excellent IT skills – ability to use all Microsoft office applications.
- Willingness to take on/learn new skills.
- Ability to show attention to detail and accuracy.
- Ability to adapt to change and work under pressure.

## **OTHER**

The ability to understand and always behave, towards service users, carers, visitors, and colleagues according to the Trust values.

Reading the Job Description & Personal Specification made me realize that I have lots more responsibilities being a Peer Support Coordinator (Band 5) but I was ready for the challenging and obstacles I would have to face in this new role.

I did some E-Learning of ABIS Community & Allied Professional score

10.00 which I have passed. I completed Cyber Security eLearning which I passed.

My first day as Peer Support Coordinator was good and I learnt a lot about Sutton Jubilee Health Centre & Sutton IRH.

Ebenezer told me that I will be working in two Sutton IRH teams as the Peer Support Coordinator which was Sutton &



Cheam IRH & Carshalton & Wallington IRH.

I would be managing & supervising the Peer Support Workers in the 4 VCSE Partners

- Sutton Mental Health Foundation
- Sutton Carers Centre
- Sutton Age UK
- Sutton Off the Record

Each of the 4 VCSE Partners will be providing Peer Support to clients in Sutton IRH community transformation team.

My Access for work application has been granted by GOV.UK. I need to ask Ebenezer to purchase my Dyslexia Equipment from SWLSTG (NHS) and the grant will be Reimbursed.

On **08/05/2024** today I have been doing Job Shadowing with Kevin Fullick's (Peer Support Coordinator) in Richmond Borough (SWLSTG) (NHS). Kevin took me to a Peer Support Worker Catch Up Meeting where all the Peer Support Worker in Richmond Borough discuss Peer Support & PSW Caseload. Kevin is a great Peer Support Worker and I have learnt a lot from him. Kevin also showed me as a Peer Support Coordinator I need to delegate tasks to the Peer Support Workers. I attended an MDT Meeting with Kevin Fullick's & Richmond IRH in Livingston House (Twickenham) for 13.00 - 15.00. This was good learning because NHS Clinicians discuss clients and show of the clients need Peer Support from Peer Support Workers. Kevin explained that this is a good way to get Peer Support Referrals from Richmond IRH. Kevin also explained to me about the Peer Support Referrals Form Process and as a Peer Support Coordinator you will be dealing with all the Peer Support Referrals for VCSE Partners. Kevin explained in Richmond Borough that 1 VCSE Partners manages all the Peer Support Referrals which can send to the correct VCSE Partners through email. Kevin

said in Sutton Borough this would be difference and I would need to find out how the Peer Support Referrals get process. I said to Kevin that I am ready to manage the PSWs and Peer Support Referrals for Sutton Borough because there are lots of

clients who would need Peer Support Intervention. Kevin said to me because of your previous work experience in being an Employment Specialist & Peer Support Worker you have lots of knowledge, wisdom, skills, abilities which you can use to support and help the Peer Support Workers in Sutton Borough. Kevin sends me an example template of what he using to send to NHS Clinicians when it comes to Peer Support Referrals. Kevin said to me you will not be having a caseload of clients because you would be responsible to manage and supervising the Peer Support Workers in VCSE Partners.

Kevin said to me being a Peer Support Coordinator is a very good role and you learnt so much about Peer Support and the Business of running a Peer Support Services within a Borough.

Life Lessons I learnt from Shadowing with Kevin Fullick's in Peer Support Coordinator 08/05/2024.

- Be a Leader
- Organizational skills are very important.
- Manage your time effectively.
- Peer Support Coordinator must have to get consent from clients before Peer Support Referrals can be process.
- Improve your presentation & communication skills.
- Each Peer Support Worker concerns is different.
- Learn as you work.
- Leaders take on hard decisions.
- Stay focus on values & beliefs of Peer Support.
- Peer Support is unique experience of lived experience.
- Leaders are born.

On **09/05/2024** I was busy at work in the Sutton Jubilee Health Centre. I learnt to remember to learn and make notes. I attend Sutton IRH Staff

Meeting at 09.00 – 10.30 and it was good to learn, and I created a Database on Excel for Peer Support Referrals.

I had a quick meeting with Paul Dorrington, he said you need to use ChatGPT to do your grammar and spelling check for Incremental credit application.

I had a meeting with Amanda Cummins from the involvement team from

14.00 – 15.00 we discuss Peer Support Coordinator Work and Involvement Team. I learnt that Peer Support Coordinator are part of the Involvement Team in the community transformation.

I went to a Nutrition Workshop with Enable Active Wellbeing today at

12.00 – 13.00.

Me & Billy Wong went to see Jehann at Travelodge today at 16.00 -16.30. Jehann was doing very well, and Travelodge business was become very successful with happy customers. Jehann said to me & Billy Wong that he is willing to hire more Client in Travelodge, but they must complete the tasks and work. Jehann said my client was doing very well in Travelodge as a Housekeeper/Cleaner and she has been in Travelodge for 6 Months.

I went to Matthew Vidal 50<sup>th</sup> Birthday Dinner with all of Employment Specialist Team today at Kingston at Pho Restaurant at 17.00 – 21.00. I order Tofu, Mushrooms, Veg, Rice, and Vietnamese Coffee for £23.42. I gave Matthew Vidal Birthday card and £20.00. I purchase diet Pepsi drinks for me, Matthew, Billy spends £5.50.

On **10/05/2024** I completed my Incremental Credit Application

and send it to Ebenezer to review. I booked a Room for Psychology & Counselling Therapy Session at 15.00 - 16.00 - Room 7. I did some reading about the Involvement Team and Peer Support Coordinators. I wrote out some of the Peer Support Coordinator Leaderships skills for new role.

## Peer Support Coordinator Leadership Skills

- Compassion & Empathy
- Integrity
- Visionary
- The value of Peer Support/Lived experience.
- Kindness
- Hope – Control – Opportunity
- Honesty – Truthful
- Problem Solver
- Listener
- Peer Support Focused

I spoke to Christopher Walsh about Peer Support for lots of his clients who need to completed Peer Support Training.

I had my first Psychology & Counselling Therapy Session with Sara Williams and we spoke about new role Peer Support Coordinator, Relationships, Ex-Partner, Spirituality.

- Spirituality is not aw weakness.
- Be who you are now.
- Your life experience is all with you now.
- Be yourself & be truthful.
- Spirituality is importance in relationships.
- Vulnerable is not a weakness.
- Faith is important in relationships.
- Your spiritual morals, values, beliefs must be aligned.
- You know yourself, stay true to your beliefs.
- Helping other people is the core value for me.
- Your connection to a woman must be more than physical attraction and more spiritual attraction.



- Not everyone has the same values, morals as you.
- You're not define by your past mistakes.
- Life is what you make it.
- God want you to be in relationship with someone that apart of life connection.
- Be open to change, be open to new.

On **11/05/2024** I did my CBT Motorcycles Test at Universal Motorcycle Training at 2 Ampere Way, Croydon, CR0 4WT at 07.30 – 15.00. In the morning we did some theory and practice riding then we did the practical CBT Motorcycle Test.

I made some mistakes, but I still got the CBT License which was great.

I went to see Alex, Mel, Joseph today at their home and helped Alex to clean out the gutters of his house by holding the ladders for him at 15.00 – 17.30.

Right now, I was feeling drained and need to take a rest and shower/bath. I updated my ID on laptop by scan IDS PDF File at 23.30.

On **13/05/2024** I had an induction with Karen Nelson at 10.00. Today I felt like I need to look after myself because I didn't feel 100%. Today I have been in 4 Meeting plus doing induction with Karen Nelson which was lots of work and so much learning in 1 day which is amazing very spiritual for me. The Peer Support Coordinator induction was very important, and it help me to learn more about the Peer Support Coordinator role from Karen Nelson.

What did I learn today in Peer Support Coordinator role 13/05/2024?

- Learn from your difference.
- Politics is part of leadership.
- You can only learn on the day.

- Each day is different in Peer Support Coordinator role.
- Take Regular breaks and learn.
- Spirituality makes that difference.
- You will be kind when you are spiritual.
- Spiritual day means you are doing sometimes right and truth.
- Focus on the spiritual contributions.
- Dreams are linked to Spirituality.
- Change is a part of leadership.
- Learn as you go - Be Different.
- Spirituality Is Everything in Helping Other People.
- The difference that makes the difference.

Karen is a great leader and her information and knowledge about Peer Support and Coordination is very important and significance. Karen taught me lots about being a very good Peer Support Coordinator and some of the politics that is within Sutton IRH and Jubilee Health Centre.

I paid Insurance on Lexham Insurance for Third Party Fire & Thefts. Spent

£193.82 Reference - 454249QQPK, Policy Number - LLC/MC/0413747.

Today has been a very spiritual day and here are some life lessons I learnt.

- Stay with your feelings and emotions.
- Don't react to your feelings and emotions.
- All spiritual feelings and emotions will pass.
- Do your best everyday no matter what.
- Spirituality is important in helping other people.
- Leader stays strong in defeat.
- You can overcome difficulties through learning.

- Stillness, Quietness is important in life.
- Nature has spiritual answers.

- If your spiritual self-care become number 1.
- Spirituality is part of the price.
- Freedom comes by believing in Jesus Christ & God.
- Live your purpose fully.
- Paul Dorrington & Karen Meechan are my spiritual heroes.
- Helping other people is not based on me.
- Your why make you spiritual.
- My life experience will help me to learn.
- Do your work and be always 100% yourself (Positive Days & Negative Days).
- You learn on the day.
- Spirituality makes that difference.

On **14/05/2024** I did some PSW Training Course (Day 5) Group work with other Peer Support Workers. I had to do a Presentation for Group 1 to With-You Peer Support Workers. I took a walk in Battersea Park for 45 Minutes which was great I really enjoy Walking and Nature.

Life Lessons I Learnt today 14/05/2024.

- Health & Well-Being is Number 1.
- Peer Support is Truly Valuable.
- You need to deal with problems & trauma in a healthy way.
- Life is about progress.
- You can only be your best today.
- Learn from feelings and emotions.
- Stay spiritual – Helping Other People.
- Spirituality is important in life.
- Your lived experience is key to your knowledge & wisdom.

- You can be what you want to be.

On **15/05/2024** I got my ID Badge from Springfield Hospital. I did some Peer Support Coordinator Job Shadowing with Rina Deans at Springfield Hospital. It is important to realize in being a Peer Support Coordinator that you need to understand the Business, Politics and Peer Support to be effective Peer Support Coordinator.

On **16/05/2024** I attend PLRS Meeting at Sutton Jubilee Health Centre East at 10.15 - 11.15. I had some conversation with Az, Chris W today at 13.00 - 13.30 they are both doing well, and Chris W win an award which is great news. I went to the Motorcycle Garage in Battersea to get my wheels pump up by mechanic. To Understand when the Motorcycle garage is open you need to get there from 09.00 - 17.00 and it is in the Third Section.

Life Lessons I learnt today 16/05/2024.

- for your behavior and how you treat yourself
- When your spiritual you need to take care of yourself
- Don't believe every thought in your mind some thoughts are not true.
- You are not your past mistakes.
- One day at a time
- Focus on the difference you want to make.
- Helping other people is very important.
- Health & Wellbeing is number 1.

Jiddu Krishnamurti Quote

- You are the world, and the world, is you?

Christopher Liam Rose Quote

- It not your problems that make you who you are it

the person you become that make you who you are.



- Spirituality or Nothing.
- Spirituality is important in helping other people.

On 17/05/2024 I had my second Psychology & Counselling Therapy Session

**Sara Williams & Christopher Liam Rose First Psychology & Counselling Therapy Session 17/05/2024 at 15.00 - 16.00 (Second Session)**

Self- Reflections I learn in Psychology & Counselling Therapy Session

- Focus on what you are grateful for and appreciate the simple things.
- Being truthful is very important in faith.
- Go to the gym every Saturday & Sunday.
- God doesn't judge.
- When your low focus on moving the body
- Live your purpose for Jesus Christ & God
- Start walking home from work to clear your mind.
- God want you to be humble and content.
- You are not perfect and learn from your mistakes.
- Don't react to low feeling and emotions.
- Give people time and space to learn.
- Stay spiritual and live the truth.
- Your life experience has helped you to find truth.
- Mental health awareness is very important.
- Learning is the key to life.
- Learn how to increase your energy levels.
- Eat healthy foods improve energy levels and mental health.
- Mindfulness and meditation are part of stillness and present.

- Don't react to your feeling and emotions.
- Be an example of the person you want to be.

- Leader learns how to cope with distressed.
- You will not always get things right but learn

On **20/05/2024** I went to work for Peer Support Coordinator role 09.00 -

17.00. I was reading the 21 irrefutable laws of leaderships by John C Maxwell. I learnt that True Leadership is influence. True Leader can share their vision to others and lead humanity.

Your life experience can turn you into a true leader - Mother Teresa, Martin Luther King Jr, Dag Heward Mills, Jiddu Krishnamurti was all great leader who had a massive vision.

**Entrepreneur is leadership.**

Ebenezer said because I am a Band 5 your Incremental Credit Application will be carried over to your Peer Support Coordinator role (Band 5) you didn't have to do Incremental Credit Application. Access to Work Ebenezer said he will talk to HR to see how I can be granted for my Dyslexia Equipment.

I created New Presentation for What Is Peer Support? And Posters for Peer Support on Canva

I went for a walk in Battersea Park for 45 Minutes which was great.

On **21/05/2024** I did PSW Training Course (Day 6) with other PSWs which was very good. We talk about mental health, suicide, self-determination, self -management and worked with other mental health services.

I took a walk in Battersea Park for 45 Minutes which was amazing.

On **22/05/2024** I ride my motorbike to Sutton Jubilee Health Centre. I went to DIAM Meeting at 12.00 – 12.30. I updated ESR with my Dyslexia Report from University. Today I went to Sutton Carers Centre and meet with Paula Gowing, Alison, Meera. It was my first induction to meeting PSW which was good.

On **23/05/2024** I went to work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). I went to my diabetes eye screening test today at 08.55 - 09.35 and will get my result in 3 weeks. I attend DIAM meeting 12.00 - 12.30 had 1 Peer Support Referral.

After Work I went to Matthew Flat and played some Videos Games - Street of Rage 4, Fatal Fury, King of fighters, Sonic Origins. Me & Matthew (Older Brother) had some Chinese food for dinner which was nice.

On **24/05/2024** today I was working from home 09.00 - 17.00 Peer Support Coordinator. I attend DIAM Meeting 12.00 - 12.30. I have been on my NHS Laptop sort out Peer Support Referrals. I have been working from home all day I have created New Training, Presentation, Documents, Templates for my work.

Sara Williams & Christopher Liam Rose First Psychology & Counselling Therapy Session 24/05/2024 at 15.00 - 16.00 (Third Session)

Self- Reflections I learn in Psychology & Counselling Therapy Session

- You are not your past.
- Learning from your mistakes
- Focus on the future and what you want to create.
- No one is perfect.
- God want you to know he is here for you.
- Spirituality & Faith is very important.
- Focus on 3 facts that you are proud of in your day that you did.
- There is nothing in the past which is good focus on your future.

- You are not your feelings and emotions.
- God want you to live your life purpose.
- Spiritually going all out!!! Everyday.
- Energy changes with motions.

- Low moods and low energy mean you're not doing the right thing for your body.
- God has seen your mistakes and still love you.
- God love is everything.
- You must love yourself first before you love others.
- Self-compassion is very important.
- Don't focus on things you can't control.
- You cannot change your past.
- The future is now.
- Sara Williams is a great therapist.
- Feel your feelings and emotions.
- Stay in the present moment.
- Self-respect is the key to self-love.
- Resilience is built with acceptance.
- God know who you will become.
- Leadership comes with challenges.
- Negative life experience is not important.
- You are not your problems.
- Be the light you want to be in the world.
- Music & Faith is your gift.
- Use your talents to change the world.
- Read the bible and live the bible.
- Your life story is created.

On **27/05/2024** I went to West End (Marble Arch) and did some Reading & Journalling at 16.06.

I was reading Jiddu Krishnamurti Book "Freedom from The Known" Life Lessons I learnt.

- Free yourself from Authority.
- Understanding yourself is true wisdom.

- The Past is a dead thing.
- Freedom from the known is spiritual freedom.
- How do we change – Serious Question.
- There is no teacher, leader, books which will help you find truth.
- Truth is a pathless land.
- Learning about your minds is wisdom.
- The Future is Now.
- You are the world, and the world, is you?
- You, Others, World is all that matters.

I was reading “Buddhist Scriptures” Book Life Lessons Learnt

- The Mind has no abide place this is wisdom.
- Concentration helps to be mindfulness.
- Mindfulness is wisdom.
- Explore your mind to find Nirvana.
- Dharma is always about good intentions and right actions.
- Change your thoughts – Change your actions.
- Truth is Spiritual.

I was reading “Holy Bible” Matthew Scripture life lessons learnt.

- Matthew 5.8 KJV blessed are the pure in heart for they shall see God.
- Matthew 6.10 KJV The kingdom come; thy will be done in earth as it is in Heaven,
- Matthew 6.24 KJV No man can serve two masters for either he will hate the one and love the other or else he will hold to the one and despise the other. Ye can't serve God and Mammon (Money).
- Matthew 6.33 KJV But seek ye first the Kingdon of



God and his righteousness and all these things  
shall be added unto you.

I have completed PSW Training Course (Day 6) prepare for (Day 7) worksheet today at 19.00.

On **28/05/2024** I attended PSW Training Course (Day 7) 09.00 - 16.00 and did a Group 2 Presentation on Teams. I spoke with Paul Dorrington today when I was at Battersea Park, he wants to use my employer engagement/lived experience story for IPS Team Leaders in Norway.

I went to Battersea Park and took a 45 Minute work which was good.

On **29/05/2024** today I had Peer Support Coordinator Job Shadowing with Domy 09.00 - 17.00. I attend Community Transformation Meeting and DIAM Meeting 11.00 - 12.00 & 12.00 - 12.30.

It was good doing Peer Support Coordinator Job Shadowing with Domy, and I learnt so much from Domy.

On **30/05/2024** I worked from home 09.00 - 17.00 Peer Support Coordinator. I attended Sutton & Cheam IRH Meeting with Heidi today 09.00 - 11.00.

I attended DIAM Meeting from 12.00 - 12.30.

I went to Jubilee Health Centre and worked very hard on Peer Support Referrals. I had meeting with Oli 15.00 - 16.00 (Introduction) today we spoke about Community Transformation, Sutton, Peer Support Coordinator, PSWs, Politics.

On **31/05/2024** I went to work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). I need to make sure I organized my time, calendar, diary. I learnt today that

helping other people is very important I want to grow within my NHS Careers.

I have been working in Jubilee Health Centre sorting out emails, Peer Support Referrals, Progress Notes at 11.30.

I attended DIAM Meeting 12.00 – 12.30 I had 1 Peer Support Referral for Sutton Carers Centre which Paula Gowing will be dealing with. Today I had a busy day with Peer Support Referrals and talking with the VCSE Partners.

On **01/06/2024** I learnt some Spiritual Life Lessons

- God & Jesus Christ want me to contribute.
- Evangelism / Ministries is my spiritual calling.
- Don't try and change people.
- Helping other people is spiritual work.
- Stay spiritual – Believe in Jesus Christ / God.
- Prayer changes everything when you're spiritual.
- Spiritual day is part of the process.
- Don't be like other people who don't help others.
- Don't judge people.
- Be alone / Helping other people.
- Spirituality Is Everything.

On **03/06/2024** I went to work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I will attend Team Learning space and CQC preparation at 10.00 – 11.00 but was cancel. I went on the underground to get to work because there were delays on the trains. When I got to Jubilee Health Centre, I focused on Peer Support Referrals.

I attend DIAM Meeting 12.00 – 12.30 on my Mobile Phone.

Doing Peer Support Referrals take lots of time because you need to get NHS Clinicians to completed Peer Support Referrals Forms.

On **04/06/2024** I had Study Leave for PSW Training Course (Day 8) 09.45 – 16.00. We study Group Work, Digital Literacy, Resilience's, Supervision Training which was good. This was

the final day of PSW Training Course, and I completed this course which was excellent news. I was very happy

and proud that I completed PSW Training Course because it was something I wanted to do for a very long time. It was a dream to finally say I am a qualified Peer Support Worker even doe you don't need qualification to become a Peer Support Worker. I was going to get my Accredited Certificate.

I went to Aby Beaty Salon and got my hair washed and braided. Spent £40.00.

On **05/06/2024** I had work from 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). I attend DIAM Meeting 12.00 - 12.30. I passed e-learning "Preventing Radicalization - Awareness of Prevent Level 3" on Compass today 05/06/2024 and it has been recorded on Compass 13.33.

I took a walk in Battersea Park for 45 Minutes which was good. I spoke to Paul Dorrington about his presentation, and he said it went very well.

On **06/06/2024** I had work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). I attend Sutton IRH Dialog First Training 09.00 - 12.30. This training was long, but I learnt a lot about Dialog.

I ride my motorbike to Chelsea Motorcycle Group (CMG) for my motorbike to have MOT Service and refill engine oil. Spent \$45.00. I went to savers and got a plug extension cable for £5.00 and Black Bag for local shop £3.50.

My Motorbike passed MOT Services 06/06/2024 and I had a letter / invoice to confirm.

Had an insightful conversation with Matthew Vidal about Psychology & Counselling.

Life Lessons I learn from conversation.

- Open University – Psychology & Counselling.
- Holistic Approach.

- University has events/student meetings.
- Plan your studies.
- Online Psychology & Counselling is the future.
- Moving out of London – Different lifestyle.
- Forums/ University Students.
- Psychology / Changing / Thinking.
- Listening Training do it now.
- Follow the intuition – Psychology / Counselling.
- Spiritual life Purpose – Follow the calling.
- Politic is not important in helping other people.
- Start today, move forward, act.

On **07/06/2024** I had work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I attended Transformation Peer Meeting with Karen Nelson, and we discuss Peer Support Referrals, 2 Sutton IRH Teams, NHS Clinicians, Work, Politics, Transformation at 10.00 – 11.30.

I attend DIAM Meeting 12.00 – 12.30 I had 1 Peer Support Referral.

I been working from home all day which has been good, but the Peer Support Referrals take too much time and I need to be patience.

I took a walk in Battersea Park for 45 Minutes which was excellent I love walking and Nature.

I went to church service 19.00 – 23.00 Prayer Service 07/06/2024. I was praying to Jesus Christ & God.

On **08/06/2024** I was reading Jiddu Krishnamurti “Freedom from the known” books

I learn when there is time there is sorrow, freedom from the known is death, empty of yourself, dying to everything



you know.

- Dying is living.

- Freedom from the known is death.
- Spiritual freedom is the dying to me.
- Emptying yourself is true freedom.
- There is not tomorrow only the present moment.
- You cannot live unless you die.
- Birth – life -death is 1 movement in life.
- To be free you need to spiritual change – inwardly, psychological change.
- The inward is the outward

I was reading “Buddhist scriptures” book.

- Emptiness is the key its wisdom.
- Spiritual freedom is all about emptiness.
- Meditation helps you to become enlightened.
- Wisdom, knowledge come from silent, emptiness.

I was reading “The Holy Bible” John Scripture

- Jesus Christ said you must be born again to enter the kingdoms of God (Heaven)
- Change spiritually is very important to Jesus Christ & God
- You need to change spiritually and do the work of ministries.
- John 3.3 KJV verily verily I say unto thee except a man be born again he cannot see the kingdoms of God.

On **10/06/2024** I had work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I had a very busy day at work with lots of meeting. I need to take regular breaks.

I was thinking about my books, and I want all my books to be in Paperbacks format.

I attended Sutton Operational Community Transformation 10.30 – 11.30. I attend VCSE Partners Meeting 13.00 – 14.00. Karen Nelson had to manage frustrated VCSE Partners.

On **11/06/2024** I had work from 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I attended DIAM Meeting from 12.00 – 12.30. I have been working in Sutton Jubilee Health Centre today doing Peer Support Referrals.

I paid my Motorbike Insurance of £140.00 today 11/06/2024 at 15.30. I realize in being a Peer Support Coordinator I need to take regular breaks from work.

On **12/06/2024** I had work from 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today at work I have a very busy day, but I am going to make sure I take regular breaks.

I attended Huddle Meeting 09.00 – 09.10 today. I attend Sutton IRH Dialog meeting from 10.00 – 12.00. I attend Sutton Off the Record to meet Geneen with Karen, Domy, Iqra at 13.30 – 15.00. Ira (PSW) was the new PSW for Sutton Off Record and I would be providing supervision, guidance, encouragement to Ira as Sutton IRH Peer Support Coordinator.

I realize I need to start planning how I am going to work with PSW in Sutton Borough.

I did some work from home just sorting out emails to PSWs and NHS Teams.

I realize being a Peer Support Coordinator is always about being a good leader and being able to support and manage a team of PSWs.

On **13/06/2024** today I have work 09.00 – 17.00 Peer Support

Coordinator (SWLSTG) (NHS). I am going to do some Mandatory Training at 10.00 – 11.30.

I completed Safeguarding adults' level 2 E-Learning. I

I went to Diam Meeting 12.00 – 12.30 had 2 Peer Support Referrals from DIAM Meeting. I send email to Siobhan, Robyn for 2 clients who want Peer Support.

I create Peer Support Induction (PSW) Presentation today 15.30 by copying Domy Presentation. I just added my own parts to it with Sutton IRH Information.

On **14/06/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I was met to go on a picnic at Springfield Park with Rina & Domy (Peer Support Coordinator and PSWs but it got cancelled. I worked from Springfield Hospital today doing work for Peer Support Coordinator.

**Sara Williams & Christopher Liam Rose First Psychology & Counselling Therapy Session 14/06/2024 at 15.00 - 16.00 (Fourth Session)**

Self- Reflections I learn in Psychology & Counselling Therapy Session

- When you have low day, you need to go to the gym and workout or take a walk.
- The mind, body, soul is connected.
- Your negative thoughts / low days will pass.
- My emotional and spiritual states changes when I have low days.
- You are not your thoughts, feelings, emotions.
- Look after yourself and take care of your body.
- You can help your feelings, and emotions through physical exercise.
- You must let the over ruminating thinking thoughts

come out of you naturally.

- Learn to let go of negative thoughts & feelings.

I completed Safe Working with Adults Level 2 E-Learning. I

- Stillness & quietness is very important.
- Feel what you are feeling fully and let it pass your body.

On **17/06/2024** today I have work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). Right now, I am working at Sutton Jubilee Health Centre doing Peer Support Coordinator Work. Karen Nelson said she is busy tomorrow and not going to be able to attend. Christopher Liam Rose will run PSW Catch Up at Sutton Carers Centre tomorrow at 14.30 -

16.00. I created a Notes template for PSW catch up but there no agenda. I attended DIAM Meeting 12.00 - 12.30 had 1 Peer Support Referral which was already on waiting list.

On **18/06/2024** today I have work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). This morning has been busy trying to get to Sutton on the trains. I have a meeting with Domy at 10.00 - 11.00 about SMURG Presentation of Sutton & Merton (Peer Support).

I was reading 365 steps to practical spirituality by David Lawrence and there were six spiritual natural laws.

- Cause & Effect.
- Attraction.
- Growth & Expansion.
- Non- Resistance.
- Giving and receiving.
- Reciprocity.

If you live within these spiritual laws, you can live a life of meaning and fulfillment.

I practice my What Is Peer Support Presentation on MS Teams today at 10.30 - 11.00.



I attended DIAM Meeting 12.00 -

Today will be my first PSW Catch Up Meeting with PSWs in Sutton Borough. Remember this is No Agenda meeting just checking to see how everyone is doing. Normally this is for PSWs, but management is welcome to join. Just remember to be yourself and Co-Facilitator the Group.

I did PSW Catch Up my first meeting today with PSWs at 14.30 - 16.00. Most of the PSWs show up to the catch up we spoke about check in, Peer Support Referrals, Politics, Sutton IRH Teams, NHS Clinicians, Improvement, Training, Developments.

I did notes of PSW Catch Up meeting today 18/06/2024. I send information to PSWs as a Document.

I have had a massive problem with YouTube Channel this evening. YouTube has removed all my YouTube Channels; I have appeal on all YouTube Channel today. I need to wait to find out what happens to my YouTube Channels.

I spoke to police / fraud about Cyberhacking. **Reference - NFRC240606728801.**

I have been cyberhacker on YouTube Channels /Google accounts today.

I prayed to Jesus Christ & God about my situations with YouTube Channels today because I was going through serious adversity and challenges.

On **19/06/2024** Today I have work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS).

I had to do what is peer support? Presentation to Sutton PLRS Team today at 10.00 - 10.30.

I did what is peer support? Presentation to Sutton PLRS team today and it went well. I made sure I gave it my all. Also, there was some tech issues with PSW Videos and Screensharing which I took notes of.

I went to Sutton Transformation Celebration Event 13.00 – 14.00 with all Sutton IRH & VCSE Partners.

I created Doddle Poll for PSWs catch up meeting for 22/10/2024, 23/10/2024. 24/10/2024 between 14.00 – 15.30 or 14.30 – 16.00.

I showed Billy Wong how to do Peer Support Referrals Form and supported with 1 client PSW Support Information 14.30 – 15.00.

Life Lessons I learnt from Hacked & Removed YouTube Channels

- Losing is Inevitable.
- You cannot spend all your time on YouTube.
- Find new ways of sharing your content.
- Security online is very important.
- Jesus Christ & God want me to learn.
- Loss is a part of life.
- Positive Attitude is important in life.
- Don't take things so personally.
- There are always lessons to be learnt in pain & adversity.
- My spiritual life purpose means I will lose important thing.
- Loss makes you humble.
- Focus on your spiritual contributions.
- Mental Health Fitness is very important.
- Learn from your losses and success.

You only grow when you suffer loss.  
I attended DPM Meeting 12.00

On **20/06/2024** today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today I worked from home I got lots of work to do and

need to organize my time effectively. I attended DIAM Meeting 12.00 -

12.30 No Peer Support Referrals.

I had Peer Support Supervision with Karen Nelson at 13.30 - 14.30. There lots of work that need to be done in Sutton IRH with Peer Support Referrals.

I took a walk in Battersea Park for 45 minute which was great.

### **Self-Reflections from today 20/06/2024**

- Losing is Inevitable
- Don't make decisions when your angry
  - o Jesus Christ & God has calling me to do ministries / evangelism.
  - o Build - Start Again.
  - o Learn from your losses.
  - o Stay strong in spiritual learning.
  - o Stay on your spiritual life purpose.
  - o You will not understand everything.

Today has been a hard day but I am always learning new life lessons.

On **21/06/2024** Today I have work 09.00 - 17.00 Peer Support Coordinator. I did a Joint What is Peer Support? Presentation with Domy at SMURG Meeting 11.00 - 12.00. Me & Domy completed the What Is Peer Support? Presentation which went well, and we did Q/A at SMURG Meeting.

I created Sutton VCSE Partners Services Presentation today 14.15 - 14.50 which is now done.

**Sara Williams & Christopher Liam Rose First Psychology & Counselling Therapy Session 21/06/2024 at**

**15.00 - 16.00 (Fifth Session)**

## Self- Reflections I learn in Psychology & Counselling Therapy Session

- Resilience is a powerful thing.
- Stay strong in defeat.
- You are not your circumstances.
- Nothing happens for coincidence.
- Spiritually you are connected.
- Start over / Build / Grow.
- You cannot take my identify.
- Learning is the key to life.
- You are not your problems.
- Self-Reflection is very important.
- God & Jesus Christ has a purpose for you.
- Write a Book about losses.
- Pain is temporary.
- Life changes and you change.
- God is opening you up a new life path.
- Spiritual faith is the key to spiritual growth.
- Test / Challenges are rewards.
- Stay spiritual and stay thankful.

On **22/06/2024** I was struggling with difficulties of YouTube Channels being removed and hacked which was causing me much stress and anxious.

### **Self-Reflection on today 22/06/2024**

- Life is about self-discovery.
- Sometimes you need to take risk.
- Be patience and do things in perfect timing.
- Learn from losses and challenges.
- You are not who you are from Yesterday.

- Chang is a part of life.
- Focus on things you can control and not what you can't!
- Money helps to resolve problems.
- Invest in your learning.
- Spiritual problems happen to spiritual people.
- You cannot change the past.
- Learn from failure.

On **23/06/2024** It is the weekend and I have been working on Peer Support Referrals (Sutton) Waiting list. I have organized all the Peer Support Referrals and Now I know which clients has not received Peer Support and What clients Peer Support Referral Form is not completed.

On **24/06/2024** I was experiencing serious challenges and adversity with YouTube Channels being removed and hacked which was affect my focus and productive. I am going to Jubilee Health Centre, and I missed my trains to Sutton because my mind was confused and I was anxious and angry. I attend DIAM Meeting 12.00 - 13.00. I attended PSW Training Co- Production Meeting 14.00 - 15.30 with Peer Support Coordinator.

I was having a difficult day and the YouTube Frauds was making me feel miserable and seriously upset.

### **Self-Reflections from Today 24/06/2024**

- Never make any decisions out of desperation.
- Don't spend money online unless the website is secure.
- Learn from the losses and challenges.
- Your spiritual hero keep you focus.
- Stay on your spiritual life purpose.

- Losses equal more calling.
- If your vulnerable look after yourself.
- The work will always continue so keep going.



- Your struggles are your rewards.
- Don't become miserable when you face serious challenges.
- The spirituality is the secret.
- Overcome problems – Overcome your life.
- Life has problems so deal with them.
- You only grow by learning from mistakes.
- Your Past losses will become your future rewards.
- Do never ever give up.
- You can't change time – Life moves forward.
- You can't control circumstances, but you can learn from them.
- Stay spiritual – Stay True.
- Don't waste money ever never ever.
- Spiritual Choices and Decisions (Must Do)

On **25/06/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today I am working from Springfield Hospital today to do Peer Support Coordinator. I send PSW Catch Up Meeting for 22/10/2024 at 14.30 – 16.00 at Sutton Mental Health Foundation to all the PSWs at 11.45.

I attended DIAM Meeting 12.00 – 12.30 today No Peer Support Referrals.

I have been working very hard on Peer Support Referrals emailing NHS Clinicians and Team Managers. I need to think of an easier way to get more Peer Support Referrals for VCSE Partners.

I need to grow the Peer Support Awareness in Sutton IRH. I send email to Heidi & Pandria today at 14.06 about Peer Support Presentation. I attend community transformation events

15.00 – 17.00 and met Domy, Rina, VCSE Partners, IRH Teams, Management, Senior Leads.

**Self-Reflections for Today 25/06/2024**

- Record / Documented everything you do not matter what.

- Suffering teaches your life lessons.
- Don't get emotional but push through.
- Learning.
- Understanding yourself is knowledge & wisdom.
- God / Jesus Christ wants me to learn.
- Losses are rewards.
- Don't be attached to anything but live free and spiritually.
- You cannot change time or challenges that have happen.
- More forward – Helping Other People.
- Learn from my spiritual heroes Paul Dorrington & Karen Meechan.
- This will [ass but what important is what you learn (True).
- Character is built through suffering.
- Don't get life challenges to stop you on your spiritual life mission.
- Do the opposite of everyone else to have rewards that people don't get.
- Suffering brings out spiritual beauty.
- Work and keep working for dreams and desires.
- You will grow from losses.
- You will understand at the end (Powerful).

On **26/06/2024** Today I went to work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I had PSW Catch Up with Iqra, Domy today at 11.00 – 11.30. I attended DIAM Meeting 12.00 – 12.30. I created a video of How to do Peer Support Referrals for 4 VCSE Partners at 13.45 – 14.10. I created a Video of How to do Peer Support Referrals for Sutton Carers Centre (VCSE Partner) at 14.00 – 14.20.

I realize I need to give myself some time away from work to process all the recent activities with YouTube Hacked and Remove of 5 YouTube Channels.

I went to church service #LCI Constituency Service 19.00 – 21.00. I prayed to Jesus Christ & God in church service at 19.42. Reverend T was talking about blessing in his sermon. God bless men and female when he created them in Genesis 1.2-7 – 1.2-8.

Reverend T said to believe in Jesus Christ & God supernaturally. God doesn't have human thinking but spiritual thinking. Don't do things based on yourself but follow biblical in the bible. Blessing comes from God. Live for Christ.

On **27/06/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS), Right now I am in MDT Meeting for Carshalton & Wallington IRH 09.15 – 11.15. I attend DIAM Meeting 12.00 –

12.30. I have 2 Peer Support Referrals from DIAM Meeting.

I created what is peer support? Presentation video on MS Teams today at

14.30. I have been working from home all day which has been tiring but I am getting through it. I am not met to give formal supervision to PSWs in VCSE Partners. I need to create a PSW Supervision Group / Talk to PSWs to see what they want. A PSW supervision chat / coffee sounds like a good idea for PSW Supervision we can do this in the community.

I took a nap 16.30 – 17.30.

### **Self-Reflection from today 27/06/2024**

- You can't control everything sometime let things pass.

- Make sure I do all the things I need to do to help my situation.
- Jesus Christ & God is with me.
- So long as I believe in Jesus Chris & God my faith will grow.

- You cannot change time or past.
- Move forward – focus on my zone of power.
- Life problems & life challenges is part of the Journey.
- Learn from mistakes.
- I am going to stay spiritual / keep learning.
- Push through with your faith.

On **28/06/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today I will be working from home sorting out Peer Support Referrals and talking to NHS Clinicians. I attended DIAM Meeting 12.00 – 12.30.

Me & Billy Wong did Mock Job Interview for client for Peer Support Worker role at 12.30 – 13.00. Client did very well in Mock Job Interview, and I gave feedback.

Me, Billy Wong, Matthew Vidal is going to Cinnamon Cottage in Wallington for 17.30. Matthew Vidal didn't have money for central London.

I been working from home today very busy with Peer Support Referrals and progress notes.

**Sara Williams & Christopher Liam Rose First Psychology & Counselling Therapy Session 28/06/2024 at 15.00 - 16.00 (Sixth Session) (Final Session)**

Self- Reflections I learn in Psychology & Counselling Therapy Session

- Learn from life challenges / life mistakes.
- Spiritual growth comes from learning.
- You will not understand everything that happen to you.
- Starting again can be very spiritual.
- The losses have life lessons.

- Change is a good thing.
- Everyone must go through pain / suffering.
- Love helps you to heal pain.
- Appreciation for life is key.
- Positive attitude is very important.
- Learn.

Sara Williams has been an excellent Therapist and I have learned a lot from Sara Williams.

I am going to hire Sara Williams Private for Psychology & Counselling in 3 Month Time

Sara Williams has worked in Psychology for over 30 years – 26 years as a therapist – 13 years in Body Therapy / Physical Health.

On **01/07/2024** Today I worked 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS) today I am going to work from home because it easier than travelling to coffee shop. I have got lots of work to do so I need to focus. I attend DIAM Meeting 12.00 – 12.30 I had 1 Peer Support Referral. I been working from home all day sorting out Peer Support Referrals.

On **02/07/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today I attended the Involvement Team Development Away (Day) 09.30 – 16.30 with all Peer Support Coordinators (Kevin, Rina, Domy), Peer Support Lead (Karen, Jose), Involvement.

Self-Reflection life lessons from today 02/07/2024

- Positive Attitude is very important.
- Learn from life experience.
- You can overcome life challenges by a

different positive perspective.



- A Positive worldwide is especially important.
- Learning is the key to spiritual growth.
- You are not your circumstances.
- Life test / life challenges are life lessons.
- Push through adversity / challenges.

On **03/07/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today I am working from home doing Mandatory Training All Day 10.00 – 17.00. There are lots of Peer Support Referrals email that I need to sort out before I do my mandatory training.

I attended DIAM Meeting 12.00 – 12.30 I had 2 Peer Support Referrals. Today working from home doing progress notes and Peer Support Referrals. I realize I must organize my diary & calendar for NHS Peer Support Coordinator for next week at 19.30. I send email to all Sutton IRH, Peer Support Coordinators, Peer Support Workers about my Annual leave for 04/07/2024 to 05/07/2024.

On **04/07/2024** I went to church and prayed to Jesus Christ & God at 12.45 – 13.10. I gave £10.00 offering to church (Westminster Cathedral).

I went to Silk Barbers and got my beard shave off (clean) Spent £10.00 from 17.00 – 18.00.

I took a Nap from 19.45 – 20.25 in my bed.

On **05/07/2024** I had a nap from 13.30 – 17.00 I need some sleep was feeling tired. I completed client feedback for Sara Williams on CIC Portal today at 17.30. I did Mock Job Interview with Matthew 17.45 – 18.30 for Peer Support Coordinator Role (SWLSTG) (NHS).

I ironed NHS Peer Support Coordinator clothes for next week at 19.15.

On **06/07/2024** I prayed to Jesus Christ & God at home today at 15.00. Right now, I am at chill house coffee shop I am going to do some reading

and drink some coffee at 17.30. I was reading Jiddu krishnamurti "Freedom from the Known" Book.

- You need to understand consciousness completely.
- When you understand yourself, you understand consciousness.
- Learning to observe is key to self-awareness.
- Freedom from the Known is freedom from consciousness.

I read the bible "1 Timothy" Scriptures and this scripture really help me to understand Jesus Christ & God.

- 1 Timothy 2.5 - For there is one God and one mediator between God and Men the man Christ Jesus

Doing the work of ministries is (important)

I was reading John C Maxwell "The 21 Irrefutable laws of leadership" and I understood that Intuition and spiritual guidance is key in being a leader. You got to use your intuition to make right decisions & choices.

Today has been a spiritual day but also challenging. I was getting a bit angry and frustrated with people not helping other people, but this is ok. I am learning to deal with this. I had to go to the gym to calm down and relax my body.

Self-Reflections life lessons 06/07/2024

- Helping Other People is my spiritual life work.
- Don't follow your feelings and emotions when you're angry.
- Take time to be silent / quiet.
- You can overcome your Angry / difficulties through learning.

- Focus on your spiritual calling.
- Patience practice.
- Always stay true to your faith.
- You cannot change the past.

On **07/07/2024** I prayed to Jesus Christ & God in Church #LCI at 12.45 -

12.55. Reverend Archie was preaching about loyalty and disloyalty. You need to have faith and stay truthful. Live in your spiritual life purpose, spiritual calling, faithfulness is especially important in Jesus Christ & God. I took communion at church #LCI. Jesus Christ (Bread) Flesh, Jesus Christ (Blood) Wine at 14.24.

I took a walk in Battersea Park and walked 45 minutes which was good. I love being in Nature and walking. This evening I been working from home catching up on All NHS emails and I have done / gone through all the emails 21.30 - 00.30 which need to be done.

On **08/07/2024** Today I have work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today I am at Wilson Hospital with Domy doing PSW Induction 11.00 - 16.30. We discussed Peer Support Worker, Peer Support which was good.

Today I need to do some Peer Support Coordinator work (SWLSTG) (NHS). Today has been a long day. Travelling & commuting to Wilson Hospital I feel tired.

I went to Aby Beaty Salon and got my hair washed and braided by hairdresser. Spent £40.00.

On **09/07/2024** Today I have work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). I worked in Jubilee Health Centre today

09.00 - 17.00. I have sent ICT Helpdesk Rio Errors of Peer Support Referrals form not showing information or duplicating on Peer Support Referral Form - 1237972.

I send out a chat / coffee PSW Catch Up (Monthly) (Optional) (Drop In) doddle poll to all PSW today 11.38. I attended DIAM Meeting 12.00 - 12.30 I had 2 Peer Support Referrals for Sutton Carers Centre, Sutton Off the Record, IPS.

I had lunch chickpea/potato masala which was good from Sainsbury and spoke with NHS Psychologist (Racheal) about my Peer Support Story and shared lived experience.

Today I have been working hard in Jubilee Health Centre doing Peer Support Referrals and emails.

On **10/07/2024** Today I have work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). I attended Peer Support Worker Visit at VCSE Partner (Sutton Age UK) 09.30 - 11.00 to meet Carolina and Vari. We had a good PSW Catch up.

I travel from Sutton to Tooting (Springfield Hospital) for Street Party at 11.00 - 12.30.

I am going to check my emails then go to the street party afterwards. I attended DIAM Meeting 12.00 - 12.30 No Peer Support Referral.

I went to the street party and met Domy, Rina, Karen, Kevin at Springfield Hospital.

I had potato, spinach, curry, salad from the street party was genuinely nice.

I have been working hard on declined Peer Support Referrals from Carolina there are lots of clients that been declined. Today I have been working hard on my emails and Peer Support Referrals.

Self-Reflections life lessons from today 10/07/2024

- Hard work pays off.
- I need to find easier ways of working productive.

- Use your time wisely.
- Look after your health & wellbeing.
- Drink more water.



- Take regular breaks.
- Plan your day and be available for breaks.
- You can only do so much in 1 day.
- You only have 24 hours per day.
- Don't work over 17.00.

On **11/07/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I attend Sutton & Cheam IRH MDT Meeting

09.00 – 11.00. I attend DIAM Meeting 12.00 – 12.30 I had potential Peer Support Referral. I been working hard through emails / Peer Support Referrals today I need to make sure I read through all Peer Support Referrals before accepting them for Peer Support. I booked ABLS Classroom community and allied professionals at 01/08/2024 at 15.30 – 17.00.

Self- Reflection Life Lessons 11/07/2024

- Organize your time, plan your day.
- Focus on most important thing first.
- Act, learn along the way.
- Sometimes work will challenge you but push through keep going.
- Life is what you make it.
- Focus on doing productive work.

On **12/07/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). Right now, I am at Starbucks (Vauxhall) I am going to do some Peer Support Coordinator NHS Work at 11.00. The internet not working in Starbucks, so I am going to move and leave.

Right Now, I am home in my flat doing some NHS Peer

Support Coordinator work.

I passed Infection Prevention and Control Level 2 on Compass today at

13.00 - 14.00. 85% passed.

I have been working from home today and finish up my Peer Support Coordinator work.

On **15/07/2024** Today I have work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today I am working at Sutton Jubilee Health Centre. I wrote my life story for Rethink mental illness campaign for Kari today at 10.20 - 10.40. I attend DIAM meeting 12.00 - 12.30 I had 1 potential Peer Support Referrals for Sutton Off the Record.

Karen Nelson will not be my Line Manager anymore and Jose Mejia will be my Peer Support Line Manager which is ok.

My Peer Supervision was cancelling by Karen Nelson due to changes in line management with Jose.

I completed 1 Peer Support Referral at 15.00 send it to Sutton Mental Health Foundation.

On **16/07/2024** Today I have work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). Right now, I am at Sutton Jubilee Health Centre doing some Peer Support Coordinator work. It took a long time to get to work today on the trains, but I am here now.

I attended DIAM Meeting 12.00 - 12.30 No Peer Support Referrals. I have been working on emails / Peer Support Referrals today 16/07/2024.

Right now, I am in Leicester Square I am going to do some Preparation for What Is Peer Support? Presentation. I am Pret on my NHS Laptop.

I did a Practice What is Peer Support? Presentation and I did it in 20 Minutes. Which is ok which leave 10 minute to show how to do Peer Support Referrals

I am getting better at Presenting and Remember don't drink coffee before Presentation because it makes me nervous / Anxious.

Self-Reflection from today 16/07/2024

- Don't share personal / sensitive information to NHS Clinicians about PSW (Never Do This).
- Learn from your mistakes.
- Spend time learning / understanding.
- Central London is a wonderful place to explore.
- I work better in Coffee Shop then at home.
- Productive Work is especially important.
- Spend your time wisely.
- Helping Other People is my life work.
- Be a leader - Lead by example.
- Change is the Motivation.
- Practice makes Perfect.
- Prepare for life challenges and life events.

On **17/07/2024** Today I have work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today I went to Springfield Hospital going to do Peer Support Coordinator work.

Today is Paul Dorrington IPS/Peer Support Talk at Springfield Hospital at 14.30 - 16.00.

I am realizing I need to wake up early from sleep to give me more time in Peer Support Coordinator. I need to see how Peer Support Workers are doing I know they are very busy. I need to practice Peer Support Presentation. What Is Peer Support?

I went to Paul Dorrington IPS/Peer Support talk in Springfield Hospital, and it was excellent Paul Dorrington is a great speaker and all PSWs.

Employment Specialist, Lead was in the meeting 14.30 – 16.00 we did workshop after Paul Dorrington Talk.

On **18/07/2024** Today I work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today I am doing a What is Peer Support? Presentation to Carshalton & Wallington IRH from 09.15 – 09.45.

The What is Peer Support? Presentation? Went well. When doing Presentation, you need to include sounds before screening the screen. Once you include sounds then you can hear videos.

I attended Jubilee Street Party at Jubilee Health Centre today 12.30 –

13.30 had some vegetarian lunch.

I completed 1 New Peer Support Referrals form for 1 client to Sutton Off the Record at 14.25.

On **19/07/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I attended DIAM Meeting 12.00 – 12.30 No Peer Support Referrals. It was a long DIAM Meeting.

I had a meeting with Zoe to discuss Peer Support Referrals for 2 clients at

13.30 – 13.45.

On **22/07/2024** Today I had Annual Leave from work because my Electricity was not working in my flat.

On **23/07/2024** Today I work from home 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I had to get my Electricity sort out within my flat. I attend Sutton Operational Governance Group Meeting today from Kiran to Discuss Peer Support Referrals 10.00 – 10.30.

I am DIAM Meeting 12.00 – 12.30 had 1 Peer Support Referral to Sutton Off the Record & Sutton Carers Centre.



On **24/07/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I am working in Jubilee Health Centre

09.00 – 17.00. I have sent email to Jose, PSWs, Ebenezer, Iqra today about Peer Support, Data, PSW Catch Up, 09.30 – 10.30.

I been working on emails / Peer Support Referral this morning 10.00 – 11.00.

I went to DIAM Meeting 12.00 – 12.30 had 1 Peer Support Referral for Sutton Mental Health Foundation.

I spoke with Heidi about doing PSWs doing Presentation to Sutton IRH

On **25/07/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I attended Sutton & Cheam IRH Business Meeting at 09.00 – 11.00. I watch a Presentation on Recovery college by Kevin at 09.00 – 09.30. Heidi was talking about KPI, Targets.

I have written up a Summary of where we at with Peer Support Referrals and Send to Peer Support Workers at 11.50.

I attended DIAM Meeting 12.00 – 12.30 I had 2 Peer Support Referrals. I spoke to 1 client about Carer Peer Support for Sutton Carers Centre.

I went to Soho with Matthew Vidal, Billy Wong we had dinner at Ruyi. I got Tofu, Rice (Fried), Veg Spring Rolls, Sweet & Sour, Orange Juice was very poor by 2 Staff today which was not good.

Me, Matthew Vidal, Billy Wong went to Curzon Soho had some Tea, Drink and talked about Work, Paul Dorrington, Karen

Meechan, Relationship, Spirituality, Religion, Sexuality which was a good deep conversation.

Matthew Vidal & Billy Wong are my spiritual brothers they are good friends.

On **26/07/2024** Today I have work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). I have been working on Peer Support Referrals and email today 10.00 - 12.00. I attend DIAM Meeting 12.00 - 12.30. I have done all emails / Peer Support Referrals so far 13.00 - 14.00.

I need to organize some time to do more Peer Support Presentation to Sutton IRH.

It is Payday - (July 2024) - £1985.97 from (NHS) (SWLSTG).

Today I had my first Supervision with Jose today at 15.00 - 16.00 which was good we spoke about Peer Support Referrals, Work Performance, Peer Support, Strategy, PSW Catch Up.

I been working from home all day and it has been hard work.

I had Ira PSW Catch Up at 16.30 - 17.30. Iqra is doing well and doing Peer Support to clients which is great. Iqra has 10 Peer Support Clients in Sutton Currently working with. I am proud of Iqra and the progress she has made.

On **29/07/2024** Today I had work 09.00 - 17.00 Peer Support Coordinator (SWLSTG) (NHS). It took me a long time to travel to Wallington today because I had to take Tube & Bus 157 to Wallington 08.20 - 10.15. Today I worked in Sutton Jubilee Health Centre 09.00 - 17.00. I email Bank Staff/Temporary Staffing about weekend job options at 10.53. I attend DIAM Meeting 12.00 - 12.30 I had 3 Peer Support Referrals.

I have decided that I want to become a Counsellor & Psychologist. For 10 years this has been something I have been thinking about.

I completed 2 Peer Support Referrals for 1 client for Sutton Off the Record & Sutton Carers Centre at 14.30 – 15.00.

On **30/07/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). Today I am working from Jubilee Health

Centre 10.00 – 17.00. I attend DIAM Meeting 12.00 – 12.30 I had 1 Peer Support Referrals. I attend Debrief with Carshalton & Wallington for 1 client at 14.00 – 15.00.

On **31/07/2024** Today I have work 09.00 – 17.00 Peer Support Coordinator (SWLSTG) (NHS). I attended DIAM Meeting 12.00 – 12.30 I had 1 Peer Support Referrals for Sutton Off the Record & Sutton Carers Centre. I completed Mental Health Law E-Learning at 12.30 – 15.00 passed 9.67 out of 10.0.

I book Mental Law Classroom session on 26/09/2024 at 13.30 – 15.00 on compass.

I have been working all day from home which has been hard work.

### Summary of Peer Support Coordinator role (Life Lessons) by Christopher Liam Rose

Right now, within my Mental Health Career and Mental Health Journey I am still currently working as a Peer Support Coordinator in Sutton Jubilee Health Centre. The work I have been doing for 4 Month as a Peer Support Coordinator has been very interesting but lots of learning and understanding Peer Support and mental health recovery. As a Peer Support Coordinator, I realize that you need to need to have a good understanding of leaderships, management, understanding of Peer Support Services and how to work with PSWs. This is very important to understand because as a Peer Support Coordinator you will be managing and working with PSWs within a Services & Partners and if you don't have a good understanding of Mental Health Services and how to really support and help PSWs in their mental health journey and recovery then this work would become

very difficult to do. Learning from my life experience of becoming a Peer Support Coordinator have been a dream come true but that the same time this is profoundly serious work and

working with PSWs and running a whole Peer Support Services can become challenging. The important thing I have realize in my mental health career and mental health journey is patience and give yourself time to learn and understand your role. Being a Peer Support Coordinator comes with responsibilities which you need to understand and learn as you're doing your role as a Peer Support Coordinator.

If you stay focus on your work as Peer Support Coordinator and focus on how you are leading and managing PSWs and running the Peer Support Services, then you will learn so much from just working in the role day to day. It is important to realize that mental health career work and helping other people is not just working in a specific career and role. There is a lot to learn in mental health careers and mental health journey. I have always said in my mental health careers journey and the 100 & 1000s of clients I have support over 10 years that you don't get into Peer Support Coordinator role from money, self-gratification this is not the right way of doing Peer Support Coordinator work. Remember that you will be working with PSWs with lived experience of mental health and clients who are going through serious mental health challenges which is very difficult and not easier work.

Being a Peer Support Coordinator is about your heart & passion for Peer Support and Lived experience. This is the key to be successful as a Peer Support Coordinator but if you get into this career path for any other reason than this would not be a good thing.

When I decided to become a Peer Support Coordinator, I was

focus on helping other people, running a service of PSWs, doing my work to best support clients in their mental health journey. These was the main reason why I choose to become a Peer Support Coordinator. You need to learn that Peer Support Coordinator work means you are not always going to have a caseload of clients you work with because this work is



about coordination so it is important to realize that you will be supervising and managing PSWs in their work to support clients.

I would really recommend that you get life experience and work experience in Peer Support before you try to become a Peer Support Coordinator because this will help you to give you the skills and abilities of how PSW work within the work and careers.

You learn each day and daily you grow as a Peer Support Coordinator. Sometimes the work can become challenges and hard to manage but keep faithful and stay focus on your main reason why you choose to work as Peer Support Coordinator. Some days you may feel like you want to give up and quit everything because the work is too difficult.

Because now you are a supervisor of people the work become very different, and you need to develop the skills and abilities before you can really do this work.

Peer Support Coordinator is rewarding work but come with responsibilities which you need to be prepare for. This is important because Peer Support is Lived Experience of mental health and if you don't prepare and work on your skills and abilities of Peer Support you will find it hard to manage PSWs in their work.

Life is a journey, and you learn day by day new skills and abilities

In my life experience being a Peer Support Coordinator has been a very important role within my mental health career. Not because I am doing this role because of my self – No because that not the motivation in the work I do but for the

heartily reason of passion for Peer Support & Lived experience.

The Passion will take you all the way in Leadership and mental health careers.

Within the NHS Organization I have now worked in 5 Mental Health Careers roles within the NHS.

This work is not just work for me it my Spiritual Life Purpose. The reason why I share my mental health careers within my Books is to encourage the readers to do the work themselves not for me but for what is important for you and your family.

I was 24 - 25-year-old when I started to work with mental health industry because of my passion for my lived experience of Schizophrenia - Psychosis - Depression which I have lived with for 20 years.

I want you to learn readers that are reading my life story that don't ever do work based on finance - income - money because you will never be able to build the mental health career I have built.

Being a Peer Support Coordinator is not work it is your Spiritual life work because of your lived experience.

Your lived experience is the true secret to building a mental health career if you have mental health condition. This is super important because I want you to really understand these readers. Your lived experience is your life - Your life is based on your Lived experience - If you use your Lived experience to help other people you are doing the most Spiritual Rewarding work you can ever imagine but it really started by understanding Yourself first.

Spiritual Life Transformation is not easier to find in people and in the work we do. Some people who have serious lived experience in mental health go on to build successful mental health careers and build a mental health career for

themselves and their family. Some people who have learn to understand what is lived experience and how to overcome the adversity and challenges that comes from their mental health go on to

be the source of inspiration for Hundred, Thousands, Millions, Billions of People (Human Beings).

You cannot Spiritual Transform from a place of leadership without understanding who you are within your life and your spiritual life purpose and spiritual calling. I want you to understand who is reading my Life Story that Peer Support work is always about lived experience. The People who learn and understand go on to support lots of clients and PSWs.

The Spiritual Life Transformation would need to happen within your mental health career journey before you will be an inspiration to lots of clients and PSWs.

Please understand readers that this is a life journey - You start the journey, and you continue the journey - When times are challenges, or you feel like it too difficult - Keep going with helping other people and giving back.

The people within the mental health industry who have gone on to make a massive difference into hundreds, thousands, millions of people all learn how to understand themselves first.

Each person Lived experience is different and no few people are the same because we all go through different life experience but the important thing is learning & understanding about your life.

Peer Support is lived experience but it orders to understand your lived experience you need to learn and understand.

If you really want to become a Peer Support Coordinator - Learn from your life experience and find a way to use your life experience to help other people and give back.

Learn that some people would not be able to do this, but this is the first Spiritual Life Transformation in Peer Support and mental health careers.

Peer Support is not easier, and challenges do come with this work

Remember that Peer Support is a vocation and from when you start to where you become can be the difference between helping 1 person or helping Millions.

I want you to understand that your lived experience is part of the journey of your life because that what makes you into a Peer Support Worker. Without Lived Experience you cannot become a Peer Support Worker.

Lived Experience and Peer Support is the heart of mental health recovery.

Your life experience changes you into the person you need to be for others within mental health careers and within your mental health journey.

Remember please don't copy people because everyone is on their journey and learning and discovery.

In Peer Support Coordinator work stay in your lane, within your role, do your best work and stay motivated on your purpose.

Because become a Peer Support Coordinator is Coordination you will have to learn and develops your skills and abilities. All of this can be learnt and understood by Daily working and observing the work you do.

Peer Support Coordinator is very rewarding and fulfilling but make sure you have your foundations and learn every day

in the work you will be doing for your NHS Teams.

## Chapter 11

# PSW Training Course (Accredited) (Day 1 - 8) with (With-You)



I have always wanted to study a Peer Support Worker Training Course for myself and for my mental health careers. As I was an Employment Specialist, I said to Line Manager Paul Dorrington & Jessica Wall that I wanted to do a PSW Training Course with (With-You). Paul Dorrington & Jessica Wall start Yes you can study this PSW Training Course with (With- You) because you're going to be leave us in North Kingston Team to become a Peer Support Coordinator. I said to Paul Dorrington & Jessica Wall Yes thank you so much and I will register for PSW Training Course with (With-You).

At work I registered to PSW Training Course with (With-You) online from my NHS Laptop.

I received an email from With-You that I was successful in my Course Registration, and you can do the PSW Training Course (With-You).

I was so happy about this because I always wanted to be a qualified Peer Support Worker and this course would help me to get there.



PSW Training Course would run for 8 weeks with Peer Support Trainers & Co-facilitators from With-You.

These was the dates and times that I would be studying the PSW Training Course with (With-You)

**Day 1 - 26/03/2024 at 09.45 - 16.00 (First Day)**

**Day 2 - 02/04/2024 at 09.45 - 16.00**

**Day 3 - 09/04/2024 at 09.45 - 16.00**

**Day 4 - 16/04/2024 at 09.45 - 16.00**

**Day - 5 - 14/05/2024 at 09.45 - 16.00**

**Day - 6 - 21/05/2024 at 09.45 - 16.00**

**Day 7 - 28/05/2024 at 09.45 - 16.00**

**Day 8 - 04/06/2024 at 09.45 - 16.00 (Final**

**Day) Overview**

**Our AIM Accredited Peer Support Worker (PSW) Training is a comprehensive course which equips those working in peer-based roles with all the fundamentals and core skills to work across various settings and sectors.**

**We aim to meet people where they are in terms of their skills, knowledge, and experiences. Through interactive methods and humanist principles, we foster a supportive environment for reflection and skill development, drawing on the HEE Competency Framework. Our delivery team facilitates discussions, and small group activities and introduce skills practice to maximize inclusivity and participation.**

**Why Peer Support Training Matters**

**Peer Support is increasingly recognized as an invaluable role within workforces across health and justice, inc. third sector, community,**

**social enterprise, and statutory sectors, including the NHS, health, justice, housing, and private providers of specialist services.**

**Over the course of 8 days, delivered by our experienced and diverse Associate network and alongside self-directed learning through our online resources, learners will increase their confidence, capabilities and further understand the unique role of peer supporters, embody key values, utilize empathic listening, priorities self-care, and navigate challenges.**

### **Our PSW Training**

**This 8-day course can be delivered in a variety of ways to support organizational ambitions for their workforce, please speak to us about the different options.**

**The initial 4 days will encourage reflection on the core skills, including the use of language, supporting well-being, boundaries, disclosure, and problem solving. We then take a break over a period of 6-8 weeks to put those core skills into practice, before coming back together to undertake topic specific inquiry-based learning and consolidation in the final 4 days.**

**We emphasize reflective practice and discussion throughout the course, as well as delivering our sessions in a dynamic way to support learning.**

**Our training has been awarded an AIM Quality Mark approved center status. This is an excellence kitemark awarded to organizations who demonstrate provision of high-quality training. We have been assessed by an accrediting organization and found to successfully offer**

**quality assured training programmers.**

**Learners will receive a certificate following the last day of your training. It will reflect your training experience and your commitment to the course.**

My Summary of PSW Training Course by Christopher Liam Rose

I learn so much about Peer Support and understanding the important of using your lived experience to help other people and give back. In this PSW Training Course we learn so much about Peer Support Competence Framework, Mental Health Plans, Peer Support Plans, Mental Health Crisis Plans, Stigma, Suicide, Understanding Peer Support, Mental Health Services, Self-determination, self-discrimination, History of Peer Support, Understanding Hope, Control, Opportunity, Racism, Religions & mental health, Values – Beliefs – Morals in Peer Support, Peer Support Caseloads, What is a Peer Support Worker, Why Peer Support is value in mental health services, Understanding clients who want to work with Peer Support Workers.

This PSW Training Course was very intensive but very good. The with-you Peer Support Trainers where excellent and really help us all with our learning and understanding of Peer Support.

I learnt through this PSW Training Course that being a Peer Support Worker is all about lived experience and mental health recovery. Peer Support Workers are hope & inspiration for clients who are experience mental health difficulties and challenges.

Also, within this course we work in Groups work doing presentations about different topic on Peer Support which

was very rewarding. We also had to do self-learning and read books and resources about Peer Support from With-You resources which was given to us.

This PSW Training course was a wonderful, enlighten course to do and I learn so much about myself and Peer Support. Also, all the PSW in the

course create a PSW Group on WhatsApp so we can all social and communicate with each other which I thought was excellent. PSW have lived experience of mental health and the PSW community was great to be a part of and learning from other PSW lived experience story show me that I am not alone with my mental health conditions and Peer Support is the future in mental health services.

I realize I made the right decision to become a Peer Support Coordinator with SWLSTG (NHS).

I completed all 8 days of PSW Training Course and was accredited my certificate as a Qualified Peer Support Worker which was a dream come true.

Peer Support is my life and I want to use my lived experience to inspire clients on their mental health recovery journey.

I was so happy when I qualified as a Peer Support Worker because it was 10 years waiting process before I became qualify but it was worth the wait.

**Christopher Liam Rose – Peer Support Worker Accreditation Certificate**



This is to certify that

**Christopher Rose**

has completed the following

**Investing in your Future: Peer Support Worker Programme**

Provided by

**With-you Consultancy Ltd**

Award Date: 05/06/2024  
Learner Number: 40109440  
Certificate Number: 40248226

A handwritten signature in black ink, appearing to read "K. Kerswell".

**Kevern Kerswell**  
Chief Executive Officer  
Aim Qualifications and Assessment Group



## Chapter 12

# Overcoming Adversity & Life Challenges



I have been through some serious life challenges and adversity which has nearly destroyed me within my life but I want the readers to understand that all of the Adversity and life challenges I have been through has made me into the person I am today and even if I have had some very serious hard life lessons, I have grown as an individual and human being and devoted my whole life into helping other people and giving back. I have realized that Adversity & life challenges is part of your spiritual calling and spiritual life purpose. Sometimes when you go through challenges life experiences it makes you humbler and more spiritual.

Here are some of my Adversity & Life Challenges I have been through.

- Parents had a Divorce.
- Abortion of my Children.
- Abuse from family members.
- Being involved in Gangs & Crime.
- Negative Childhood.
- Negative Upbringings.
- Mental Health Difficulties of Schizophrenia, Psychosis, Depression.

- Anger Problems due to negative childhood.
- Loss of relationship with ex-partners.

- Loss of jobs & employment.
- Loss of family members passing away.
- Death of Grandfather.
- Mother who had Breast Cancer.
- Loss of University degree & education.
- Mental & Emotional Suffering.
- Loss of home and all my possession in a Fire 30/09/2014.
- Loss of Honda Motorbike being stolen.
- 5 YouTube Channels removed by YouTube.
- Twitter Fraud of £250.00.
- See a Guy pass away in the streets of Battersea.
- Drug Overdose.
- Enemies trying to kill me and destroy me.
- Negative Spiritual Life Experience.
- Trying to commit Suicide due to negative trauma.
- Past Trauma.
- Dealing with loss.
- Dealing with Bereavement.
- Life Problems within my family.
- Being Sectioned in Springfield Hospital (Mental Health Wards).
- Homelessness.
- Dissolving my Music Business (Starz Gang Rockstarz).
- Losing all my Music Equipment.
- Losing all my clothes and possessions.
- Losing all my furniture and livelihood.
- Becoming Vulnerable and mentally depressed.
- Starting again from scratch.
- Dealing with serious Adversity and life challenges.
- Losing close friends due to Gang violence.

- Being attack due to defending my Christianity Belief (Evangelism).
- Being betrayed by close friends.
- Nearly being stabbed and beating up to death.
- Near Death Life Experience
- Losing all my Spiritual Life Work on YouTube.

**How did I overcome my adversity & life challenges I will explain what I did to overcome my pain and struggles.**

- 1) Believe in Jesus Christ & God.
- 2) Remember my Faith is the most important thing.
- 3) Staying connected to Jesus Christ & God.
- 4) Remembering that everything is happening for my Spiritual Calling & Spiritual Life Purpose.
- 5) Create Spiritual Meaning from suffering.
- 6) Focusing on what I can control and what I can't control.
- 7) Not thinking too much about my past - Living in the Present - Working to my Future.
- 8) Jesus Christ & God loves you unconditionally.
- 9) You are not your past mistakes.
- 10) You are not your mental health conditions.
- 11) Journalling about life challenges and find new ways to cope with pain.
- 12) Understand that I don't know everything and being ok with the unknown.
- 13) Focus on what my spiritual life purpose is all about.
- 14) Spiritually Going All Out!!!
- 15) Talking with Friends & Family when I am having low days.
- 16) Remembering my Spiritual Calling.

17) Remembering my Spiritual Life Mission.

- 18) Focus my whole life on Helping other People and Not Myself.
- 19) Understanding that Spirituality is Everything.
- 20) You are here on earth for a reason and losing is inevitable.
- 21) Trust in my faith and Nature.
- 22) Every life problems & adversity has a solution and can be resolved.
- 23) It not the problems that make you who you are, it is the person you become that make you who you are.

The most important life lessons I learnt when you're going through Adversity and life challenges is to not give up and believe in Jesus Christ & God (Spirituality) this is what has got me through so much pain and suffering.

## Chapter 13

# Journalling

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When I was going through serious mental health crisis and homelessness my Clinical Psychologist (Karen Meechan) said to me in Psychology & Counselling Therapy Session that you should start journalling and write down your feelings and emotions on paper. At first when Karen told me to Journal, I said I don't know how to write down my feelings and emotions on paper and I am new to journalling because I have never done it before. Karen said I want you to journal about your daily life and how your feelings and emotions are through the day.

I said to Karen ok I will do it and I will talk with you in our next Psychology & Counselling Therapy Sessions how my feelings and emotions are throughout the week. This was the beginning of my journalling journey. This was in October - November 2014. Karen Meechan has been my spiritual hero for many years due to the support & help she gave to me in Psychology & Counselling Therapy Session. I truly respect Karen Meechan for helping me with serious mental health crisis and getting me out of homelessness. Karen Meechan has been my inspiration and Paul Dorrington (Lead Employment Specialist) within my mental health journey.

When I started to journal, I would normally write about my daily life, my anger and frustration, my life problems and

adversity, things are was going through as a human being, feelings and emotions, dreams, and desires.



My journal has been a massive part of my self-development and self-discovery, and I have learnt so much about myself in journal writing. I never knew that Journalling could transform your life in so many ways and because I was able to journal everyday consistently this helped me to discover my spiritual life purpose and spiritual calling.

I have always been interested in writing because I was a musician writing songs for my music business Starz Gang Rockstarz (SGR) but because my journal writing was focused on myself and how I view what I was going through I realized from my journal writing that I can become an Author and write books about my life experiences and things that I have learnt.

Because of journalling and understanding who I am as a human being I became an Author writing books about my life and spiritual journey.

Journalling for me has been my biggest secrets to massive understanding and self-awareness. I have been journalling for over 10 years from 2014 – Present and I have over 10 – 20 fully written & completed journals within my flat with so much life lessons and daily life experience I was going through.

I believe you can discover who you are as a person if you spend some time journalling and writing about your feelings, emotions, daily life, learning lessons, dreams & desires.

Journalling is Self-Development and the more you journal the more you discover about yourself and spiritual life purpose.

With my passion for song writing in music and my passion for journalling I have now become an Author and written over

30 books in Self- Development, Biographies, Spirituality, Religions, Faith, Ministries, Helping Other People.

Christopher Liam Rose Books

- 1) Christopher Liam Rose Life Story (Part 1)
- 2) Be What You Want to Be
- 3) The 15 Successful Habits
- 4) Selfless
- 5) Anointing
- 6) Life Purpose
- 7) Helping Other People
- 8) Giving Without Receiving
- 9) Fulfillment
- 10) Learn
- 11) It Is Not the Problems That Make You Who You Are, It Is the Person You Become That Make You Who You Are
- 12) The Evangelism Ministry
- 13) Learning Is a Part of Living
- 14) The Self Is the Problem
- 15) I Don't Want
- 16) No Self
- 17) Miracles
- 18) Christopher Liam Rose Journal 2015 - 2016
- 19) (Living With Jesus Christ & God) - Christopher Liam Rose Journal 2016 -2017
- 20) Losing, Sacrificing, Suffering
- 21) Observation
- 22) Christopher Liam Rose Testimony
- 23) SGR BOOKS - Christopher Liam Rose Music Discography
- 24) Christopher Liam Rose Journal 2018 -2019
- 25) Christopher Liam Rose Life Story (Part 2)
- 26) Christopher Liam Rose Life Story (Biography)
- 27) Imperfection To Perfection (Repentation)

28) Christopher Liam Rose Journal 2019

- 29) SGR BOOKS – Christopher Liam Rose  
Music Discography (Instrumentals)
- 30) Losing Is Inevitable

The main reason I have written so many books is because I have a passion for writing and sharing information that can inspire Humanity to Spiritual Change and become who the person they want to be. My books are not for profit or for me to gain something out of it No that not the reason why I write books. My books are for people to learn and understand things about life.

Journalling has been a spiritual process for me to discover my true morals, values, beliefs. I truly believe if it wasn't for Karen Meechan & Paul Dorrington helping me when I was 24 – 25 years old with mental health crisis and homelessness I would not be the person I am today and I wouldn't be journalling everyday about my daily life.

Journalling is a great way to learn from your life experiences and the things you have been through because life is a journey, and we learn new things every day.

I believe if you journal and stay focus on doing your journalling for 15 – 30 minutes a day you would have a journal that is full of spiritual life lessons and true learning.

My journals have helped me to learn and develop myself as a human being.

Spiritually Journalling has been the best investment I have done with my time and life because now I know who I am as a human being and my spiritual calling and spiritual life purpose.

Please readers make sure you are journalling about your daily life and the life lessons you have learnt each day.

## Self-Reflection on Journalling by Christopher Liam Rose

- Journalling is an Everyday Spiritual Practice.
- Journalling helps you to discover who you are as a Human Being.
- Journalling helps you to become an Author.
- Journalling helps you to find your true morals, values, beliefs.
- Journalling helps you to discover your faith.
- Journalling helps you to discover Jesus Christ & God.
- Journalling helps you to process pain & adversity differently.
- Journalling makes you spiritual.
- Journalling is a daily spiritual habit.
- Journalling improves your writing and communication skills.
- Journalling helps with Spiritual Life Transformation.
- Journalling is Spiritual.
- Journalling helps you to learn new things.

## Chapter 14

# Spiritual Evangelist

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Becoming a Spiritual Evangelist was especially important for my faith - Christianity - Spirituality. I have always been a deep believer of Jesus Christ & God for saving me in 30/09/2014 when I lost my home and all my possessions within a Fire.

Because I know spiritually, I was saved by Jesus Christ & God and given salvation on that traumatic horrible dramatic day when I official loss everything within my life and was officially homeless. I knew that I need to develop my faith and spirituality in Jesus Christ & God. I have always been a spiritual person within my life because I believe in Spirituality due to certain serious life experiences, I have been through as a Human Being.

When I decided to become a Spiritual Evangelist for my faith - Spirituality - Christianity this was not an easy spiritual decision and choice to make because I knew I wasn't a perfect human being, and I knew I had mental health trauma and emotional suffering that I was dealing with. But I realize when it come to my faith and spiritual beliefs, I need to become a Spiritual Evangelist for Jesus Christ & God because it was part of my Spiritual Calling and Spiritual Life Purpose. I learnt from being homeless into working in ministries that I had a supernatural faith inwardly that was



part of my soul, mind, spirit.

Being a Spiritual Evangelist was a Spiritual Calling into Ministries work because I was creating lots of YouTube Videos about Helping Other

People – Faith – Music and I knew the next steps was to preach the gospel of Jesus Christ & God to people within the streets and communities. I believe nothing happen basic on coincidences and everyone is interconnected in some way.

I decided to create my own ministries called Christopher Liam Rose Ministries where I would preach the Gospel of Jesus Christ & God to people worldwide. In my ministries I was focus on Audio, Video, Sermon, Evangelism.

Once I decided to become a Spiritual Evangelist my life changed completely, and I believe now that my life was Spiritual Change into Truth & Morality.

I am not saying I am a perfect human being because no I am not because I have made massive mistakes and damage and hurt a lot of human beings from family, friends, ex-partners but I realize that Jesus Christ & God saved me from the fire of my home in 30/09/2014 and it is my duty to give my whole life to Jesus Christ & God by Spiritually Helping Other People & Giving Back.

I started my The Evangelism Ministry in my local community preaching the gospel of Jesus Christ & God to people on the streets of Southwest London and I would preach scriptures from the bible and try my best to encourage people to Spiritual change their life and become believer of Jesus Christ & God.

Faith is what lead me into Evangelism and my passion for helping other people and winning souls. I believe not every human being is called to become a Spiritual Evangelist. I believe the people who have experience the serious suffering, pain, hurt, hardships, trauma, disappointments will go on to

become Spiritual Evangelist and Pastor.

**Evangelist - (Meaning) a person who seeks to convert others to the Christian faith, especially by public preaching.**

### **Spiritual Evangelist (Meaning)**

**Here is how we define the spiritual gift of evangelism:**

**The ability to share the gospel of Jesus Christ with those who have not heard it before or with those who have not yet decided for Christ in such a compelling way that the hearer can decide to accept Christ as Lord and Savior.**

When Jesus Christ was on Earth he was evangelizing, healing, preaching, teaching, pastoring, ministering, to people to find their faith and relationship with God.

I believe it is my duty as a Spiritual Evangelist to preach the Gospel of Jesus Christ & God to everyone in every location around the world.

This is my spiritual life purpose and spiritual calling in my life.

Because of my suffering and pain, it gives me the compassionate and empathic for others and I want to try my best to bring people to Jesus Christ & God through evangelism and preaching.

Some people will never get the life opportunity to preach the gospel of Jesus Christ & God but for me I have been doing these for over 10 years since 2014.

Suffering & Pain with my passion for helping other people is what transform my life from homelessness into ministries.

Within my faith for Jesus Christ & God I am now making sure all my Evangelism is recorded and documented through Audios, Videos, Photos. This is something I was called

to do with my life, and I am making sure that I go all out for Jesus Christ & God.

My Spiritual Life Work as a Spiritual Evangelist is my most important work and I do it wholeheartedly because of my faith and relationship with Jesus Christ & God.





**Christopher Liam Rose Ministries - Christopher Rose  
Evangelism in Battersea 31.07.2023**



**Christopher Liam Rose Ministries - Christopher Rose**  
**Evangelism in Euston 18.12.2021**



**Christopher Liam Rose Ministries - Christopher Rose**  
**Evangelism in Holborn 09.04.2022**





**Christopher Liam Rose Ministries - Christopher Rose**  
**Evangelism in Vauxhall 22.05.2022**



## Chapter 15

# Spiritual Revolution



I want to write this chapter in my book because I want the readers to understand the important of Spiritual Revolution & Spiritually Helping Other People. In my life story I have not had a perfect life it has had much life challenges and life struggles which I have had to go through as a Human Being but what is the reason for going through so much adversity, struggles, life challenges and serious circumstances within life. This is what become especially important for the readers. Spiritually Helping Other People and Giving Back.

There has been much talk about what is the Spiritual Revolution within Humanity – Animals – Universe and within the Society we live in. I have realized from my own life story and life experiences that Spiritually Helping Other People is the way to lead you to spiritual revolution. I am not saying readers that this is going to be an easy vocation to go through and learn but it's part of the real spiritual revolution.

The reason why I decided to write about my life story in more than 3 books so far is because of the Spiritual Change & Spiritual Revolution human being need to go through. I am not saying that it going to be easy to change because Spiritual Change is not easy at all it comes with lots of life challenges and serious suffering. But if you really have

been reading and understanding the important of my life story then please help other people and give back.

Why is the Spiritual Revolution so important to Humanity – Animals – Universe. Because within a Spiritual Change you don't become the person you need to be in society. I am not saying readers that people don't become successful – Yes, most people do become successful, but they don't have a Spiritual Change which they need to really help other people and give back.

Spiritual Revolution has not come for most people within this generation and evolutions because they don't understand the important of helping other people and giving back. I want the readers who ever reading my life story (Third Book) to realize there is a Spiritual Contributions and difference you need to make to society and universe.

Nothing is promise for all of us and we need to live life with Urgency and true spiritual fulfillment. Because what people within this society need to realize that without the Spiritual Change and Spiritually Helping Other People then is NO CHANGE – NO SUPPORT – NO HELP – NO CONTRIBUTIONS.

This is why without going through YOUR OWN spiritual revolution you would not be in the vocation of helping other people and give back.

What is it that get me to write books for over 10 years and work within Mental Health Industry support vulnerable people who have struggle all their life with mental health difficulties and life challenges. This is the truth now Spiritual Change & Spiritual Revolution.

Like I have discussed in my books for over 10 years I am not a perfect human being who doesn't have any life challenges or life problems. In my writing and books, I have experience

all the Suffering for my own SPIRITUAL CHANGE & SPIRITUAL REVOLUTION.

I am not saying everyone that has experience suffering go on to help lots of people because life is not life that. Some people have learned and

move on from their life experience and life challenges they have been through and have gone on to make a massive difference into others because of what they have experience personally but as I am writing this in my book not everyone has the Passion and Fulfillment to go on and make massive spiritual contributions.

Spiritual Revolution for Humanity comes with Spiritual Change. Without the Spiritual Change the Universe will not change.

In life we are all met to discover who we are as Human Being and what we have been called to do. Most people with suffering and life challenges never ever reach their potential or spiritual life purpose because they don't know or understand.

That is why working in a Vocation of Helping Other People and give back help to lead you to your spiritual contributions.

In my books and my writing my encourage is to change people lives to help other people and give back because that part of the Spiritual Revolution.

What I want to reader to learn from my books is Helping Other People & Giving Back.

That all I want the readers to learn from my books.

I am a human being just as you are a human being, but we need to realize that we all have a spiritual contribution to make for Humanity - Animals - Universe.

Spiritual Revolution is Very important but only few human beings ever find the important of it.

I want you to learn readers that it ok to make mistakes and

choice the wrong path because that part of your learning and development. But I would encourage the readers to focus on how you want to help other

people and give back. What difference do you want to make. How many people can you support and help in what they are going through. What legacy are you leaving for your family and children. How much of an impact are you going to make for Humanity – Animals – Universe.

I want the readers to really understand Spiritually Helping Other People and Giving Back.

In my life story I have realize that Spiritual Revolution become the Inspiration. But it is not easy to find or discover.

Without life experience and going through some serious Suffering you may never find the Spiritual Revolution.

Spiritual Revolution is something that doesn't need to be talk about it something you Do.

Learning is the start of the process because Spiritual Revolution cannot happen unless you discover You and Spiritual Calling.

I am not saying readers that just because you help other people and give back that you wouldn't experience hardships, disappointments, overwhelming life challenges because it's part of the spiritual journey to discover yourself more.

People don't understand that Suffering make you humble and more resilience. If you develop yourself as a human being, you want to change Humanity – Animals – Universe in some way because the world we live in currently now is immoral and not correct.

Not every human being discovers what I am writing in this book



this is for the people who want to discover and learn about Spiritual Revolution and Truth.

My life was not always moral or truthful because like I have discuss in my previous life story books (Part 1 – Part 2).

Everything I am doing within my Vocation and life came from my own self discover and learning from Paul Dorrington, Karen Meechan, Dag Heward Mills, Jiddu Krishnamurti.

Your Suffering even make you the person you need to be for others, or Your Suffering destroy you and you never see your true life or spiritual calling.

You decided readers for yourself – Do you want to help other people or not – Would you want to make a massive difference or not – Do you want a legacy or not.

Spiritual Revolution comes down to a Specific spiritual choice and decisions.

You can choose to live morality and help other people give back and make a difference.

Or you can choose not to live morality and go through the ongoing life problems and life challenges within never finding any solutions to your difficult.

Spiritual Revolution is the change we need in this Society and to change this society you have got to suffer something painful, and experience overwhelm struggles which is part of your Own Spiritual Calling.

Helping Other People is not what we call just regular work to do – If you understood the writing in this chapter of my life story. Helping Other People should be your Vocation, Life Work, Spirituality.

I have chosen not to talk about religions when I say Spiritually Helping Other People for a Spiritual Reason. I am not saying you cannot be religious and help other people or you need to be completely spiritually before you can ever

Spiritual Change. NO NO NO

Spiritual Change start from Today - Moving Forward - Helping Other People

Spiritual Change Today - Help Millions of people tomorrow.

In most of the spiritual books it talks about the Present moment and doing your actions today this is a very true thing because no one is promise tomorrow like I said in this chapter.

### Spiritual Revolution

- Being Enthusiastic about Life Now
- Do your Spiritual Life Work Today
- Spiritual Change is Spiritual Revolution
- Each Person must discover their Spiritual Calling
- A change in Society means a Change in You (Personally)
- Spiritual Revolutions starts within each Human Being
- Spiritual Contributions is Spiritual Truth
- Learning is the way you Spiritual Change
- Yesterday - Today - Tomorrow is all in the Now (Living)
- Truth is Spiritual Freedom

## Chapter 16

# Spiritual Change

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I want to write about Spiritual Change & Spiritually Helping Other People. This is one of the most important things I will write in the book about my Life Story. Spiritual Change is always about you changing spiritually inwardly and then outwardly. This is something that cannot be disturb through books or texts. No. This is a Spiritual Change that all Human Being need to go through before they can Spiritually Help Other People.

Spiritual Change starts inwardly and then outwardly.

This can become very confusing to people, but it is the truth we all need to learn.

If a person changes spiritually inwardly first then his outward actions will be a result of the inward spiritual change, they have experience and gone through.

You cannot change society without going through a Spiritual Change first.

Please dear readers don't be surprised with my words this is the Truth.

If you want to help other people within your life and potentially help millions of people worldwide and internationally. First it starts with Spiritual Change and then you can do it.

Spiritual Change involved Actions and Learning. You are not going to change unless you have a burning desire and intensive passion for

others. This is something that can be developed but not taught through books or lectures.

Each Human Being discovery the Spiritual Change before they can go on to do anything massive or significance to others.

In my life story I was 24 - 25 years old when I discover helping other people from Paul Dorrington & Karen Meechan not before after. Young person when I discover the Spiritual Change. In my books and writing the work I did with Paul Dorrington & Kareen Meechan inspire me the most in everything I do today.

What happened for me can happen for you too if you have a burning desire and true passion for others.

I started to help other people not because I was the best in my vocation or like I have written in my books of awarding awards. No. My work has nothing to do with anything I achieve within my life because it not my motivation at all.

What inspire me is Two People - Paul Dorrington & Karen Meechan my spiritual heroes. Then I develop my faith in Jesus Christ & God and Spirituality from Dag Heward Mills and Jiddu Krishnamurti.

The Truth of my Books and Writing is Spiritual Change. You change Spiritually first and then you can become free.

Freedom is not talk about in this generation of society because most people have not become free.

What is it to become freedom and see all your dreams and desires come to fruition?

You change Spiritually first and what every action you do once you change spiritually can be free because there no conflicts or suffering.



Being free from Suffering cannot be spoke about within books writing it something we all have to discover for ourselves.

Can you Spiritual Change and become free with true Spiritual Change?

This is special for the people who can find the Spiritual Revolution and Spiritual Change

Like I said in this book without Spiritual Change their no Spiritual Revolution it is not possible.

I will share the final secrets to this Spiritual Change because it is important, I get this message to millions of human beings.

SPIRITUAL FREEDOM MEANS YOU DON'T WANT ANYTHING.

It makes you not ambition or not ever never ever motivated by anything.

If you get true spiritual change, you only have only true desire, and it is a true massive desire.

### Spiritual Change true desire

- To help hundreds, thousands, millions, billions of people worldwide

This True Desire is Pure and Timeless because you are not wanting anything from anyone or desiring something from somebody else.

Your life and Ministries become pure no hidden motivations, no agenda, nothing.

THIS IS THE TRUE SPIRITUAL CHANGE AND YOU MUST CHANGE TO GET IT!!!!!!

# Chapter 17

## Thank You

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I want to say Thank You to all the people who helped me to write my Third Book of Christopher Liam Rose Life Story (Part 3).

**Paul Dorrington** – Lead Employment Specialist

(Spiritual Hero) **Karen Meechan** – Clinical Psychologist (Spiritual Hero)

**Dag Heward Mills** – (Evangelist, Pastor, Founder of Lighthouse Chapel International) (Spiritual Father)

**Jiddu Krishnamurti** (Philosopher) (Spiritual Teacher)

All these inspirational people are my spiritual heroes who are truly respect and have so much love for.

I hope my Third Book inspire the readers who read it and please dear readers help other people and give back.

Remember in my Life Story – Spiritual Change is Spiritual Revolution

You Spiritual Change first inwardly and your outwardly actions will be spiritual.

Spiritual Change is the most important thing to bring a Spiritual Revolution

**The Future Is Now** – **Spiritual Change** – **Spiritual Revolution**

## **Christopher Liam Rose Books**

- 1) Christopher Liam Rose Life Story (Part 1)
- 2) Be What You Want to Be
- 3) The 15 Successful Habits
- 4) Selfless
- 5) Anointing
- 6) Life Purpose
- 7) Helping Other People
- 8) Giving Without Receiving
- 9) Fulfillment
- 10) Learn
- 11) It Is Not the Problems That Make You Who You Are, It Is the Person You Become That Make You Who You Are
- 12) The Evangelism Ministry
- 13) Learning Is a Part of Living
- 14) The Self Is the Problem
- 15) I Don't Want
- 16) No Self
- 17) Miracles
- 18) Christopher Liam Rose Journal 2015 - 2016
- 19) (Living With Jesus Christ & God) - Christopher Liam Rose Journal 2016 -2017
- 20) Losing, Sacrificing, Suffering

- 21) Observation
- 22) Christopher Liam Rose Testimony
- 23) SGR BOOKS – Christopher Liam Rose Music Discography
- 24) Christopher Liam Rose Journal 2018 -2019
- 25) Christopher Liam Rose Life Story (Part 2)
- 26) Christopher Liam Rose Life Story (Biography)
- 27) Imperfection To Perfection (Repentation)
- 28) Christopher Liam Rose Journal 2019
- 29) SGR BOOKS – Christopher Liam Rose Music Discography (Instrumentals)
- 30) Losing Is Inevitable
- 31) Christopher Liam Rose Life Story (Part 3)

## Christopher Liam Rose Social Media

Websites Follow Christopher Liam Rose on social media

Facebook -

<https://www.facebook.com/christopherliamrose09> Twitter -

<https://x.com/ChrisRose091188>

Instagram -

<https://www.instagram.com/christopherliamrose/?hl=en>

LinkedIn - <https://www.linkedin.com/in/christopherliamrose/>

Pinterest - <https://www.pinterest.co.uk/christopherliamrose/>

Podcast

Website

-

<https://christopherliamrosemministriespodcast.buzzsprout.com/>

Follow Christopher Liam Rose Music on social media

Spotify

-

[https://open.spotify.com/artist/4DCTGknEGFngM7IJNlJODN?si=U0Z57\\_GmdQki4hZ-xFdlSdg](https://open.spotify.com/artist/4DCTGknEGFngM7IJNlJODN?si=U0Z57_GmdQki4hZ-xFdlSdg)

Apple Music -

<https://music.apple.com/us/artist/christopher-liam-rose/1561501380>

Amazon

Music

-

<https://music.amazon.co.uk/artists/B091NQRNNS/christopher-liam-rose>

Soundcloud -

<https://soundcloud.com/christopherliamrose> Sound click

- <https://www.soundclick.com/christopherliamrose>

ReverbNation -

<https://www.reverbnation.com/christopherliamrose>

# **CHRISTOPHER LIAM ROSE**

## **LIFE STORY**

**My Life Is Like A Story**

**(Part 3)**

